

LONDON metro®

Tonight's Jackpot
\$30 MILLION
estimated



ROSES ARE RED, UM ... VIOLETS ... THEY'RE

GIVE UP? LEAVE YOUR
LOVE LETTER TO LEFTY
SMUDGES, WHO'S IN THE
BUSINESS OF MAKING YOUR
VALENTINE CARD BETTER **PAGE 6**



London mom's cancer doc to enter Toronto film fest

Emily Beeckman's journey
with breast cancer will show
in T.O. March 28-30 **PAGE 3**

The stage is set for Fontana vs. Duncan

The city budget debate has
begun — front and centre is
whether to give cops a
\$900K share of revenue
from tax growth **PAGE 4**

Are you ready for some football?!

From shutting up to finally
showing up, we've got you
covered with this Super
Bowl preview **PAGE 22-25**

Dawning of a new wage

75 cent raise. Premier
announces new
minimum wage, up from
\$10.25/hour to \$11



**SCOTT
TAYLOR**
scott.taylor@metronews.ca

It may not sound like much,
but London Food Bank co-director
Glen Pearson said a 75-cent
raise in Ontario's minimum
wage could potentially lower
the number of people who use
the service by half.

Premier Kathleen Wynne
announced Thursday that the
province's minimum wage
would increase for the first
time in four years from \$10.25
an hour to an even \$11 starting
June 1.

Pearson said that's significant.
"About 50 per cent of the
people who come to the food
bank — that's 3,600 families a
month — come one time a year
to get \$400 worth of groceries,"
he said. "So if you're somebody
whose minimum wage went
up by that much, you don't
need to come to the food bank
anymore."

"Maybe it wouldn't be 50
per cent, given the circumstances,
but even 20 or 30 per cent
wouldn't need our help."

That would make a tremendous
difference, Pearson added,
because more people on minimum
wage are going to the food
bank than ever before.

The number of people seek-

Doing the math

So, what can minimum-wage
workers get with their raise?
Metro did some math, and
scanned some local store
ads, to figure it out. All numbers
are based on a 40-hour
work week and gross pay at
\$11 an hour.

- **One eight-hour day, an extra \$6:** Three tickets for a city bus, or a child's movie ticket at Rainbow Cinemas, or wash and dry at least a couple loads of laundry.
- **One week, an extra \$30:** A box of diapers and some cereal (if you're a frugal shopper and go to the right place), or one oil change (depending on where you go, of course).
- **One year, \$1,560:** 1,300 litres of gas at \$1.20 per litre, or cover two months' rent in an average one-bedroom apartment.

ing assistance at the food bank
has spiked by 40 per cent over
the past five years. The extra 75
cents an hour could rein in that
increase by the end of this year,
Pearson said.

Wynne has promised legislation
that would lead to annual
increases tied to the rate of
inflation. Under that plan,
the new minimum wage would
be announced April 1 and take
effect Oct. 1.



KINGS OF THE HILL

More than 400 university students have descended on London for what can only be called the greatest downhill sledding contest an engineer's brain can muster. The 40th Great Northern Concrete Toboggan Race is under way and these students are prepared to show their might. Story on page 5. MARK SPOWART/FOR METRO



We've got a nose for everyday low prices

\$39
per month¹

- › **Unlimited Messaging**²
(international text, picture and video messages)
- › **Unlimited** weekends and evenings from 5 p.m., Canada-wide³
- › 400 Canada-wide daytime minutes³
- › 400 MB of data⁴
- › Call Display and Voicemail⁵

Bring in your unlocked phone and **save 10%** on all our Standard plans.⁶

Includes the Fido ADVANTAGE

Fido Check-In • LiveANSWERS™ • FidoDOLLARS™ • Tab24
NEW

**We're taking care of you
with savings and more**



It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES

Downtown Chatham Centre, Chatham
Masonville Place, London
Westmount Mall, London
White Oaks Mall, London
Festival Marketplace, Stratford

FUTURE SHOP

MOBILE

Walmart



WIRELESSWAVE

COSTCO
WHOLESALE

WIRELESS etc...

Tboothwireless

MOBILE SHOP
Exclusively where President's Choice products are sold.

Offers are subject to change without notice. Taxes extra. 1. Standard plans available monthly or with a 2-year Tab24 agreement. Data is a monthly service with Standard plans. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. 2. Plans include messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. 3. Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). 4. Additional data: \$5/250 MB, charged in \$5 increments. Visit fido.ca/roaming to learn more about data roaming pay-per-use rates. 5. Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. 6. With new activation of Fido service on any in-market Standard plan. Credit of 10% applied each month, before taxes and applies only to monthly service fee of plan. © 2014

Mom Has Cancer: Short film by a survivor shares her strength and hope

Breast Fest. London woman's documentary about her battle with breast cancer and the impact it still has on her family goes to festival in Toronto



SCOTT TAYLOR
scott.taylor@metronews.ca

The best stories, they say, are the true ones. They don't get truer than the one Emily Beeckman has put on film.

The London mother of two stars in and produced the short film *Mom Has Cancer*, which chronicles her journey through a battle with breast cancer and the impact it still has on her and her kids.

The film has been entered in the Breast Fest Film Festival 2014, to be held March 28-30 in Toronto.

The winner gets \$500. But that's not why Beeckman, a psychotherapist, got

involved.

"We did the film because we thought it was a way to raise awareness by putting a face to the name," she said. "I felt strongly that there wasn't a lot of support in London for young cancer patients, especially single moms who were going through breast cancer."

She hopes the film will make people more comfortable with the topic and talking about it.

"Young women can get breast cancer, too," she said. "It's on the rise in women in their early 20s."

Beeckman was diagnosed in 2011. She was 36 years old.

"It was fear," she said of her initial reaction. "I was a single mom with no child support. I was scared of my professional perception, I was scared for my life, I was scared of my children being orphans."

"How was I going to cope with no income and no benefits? I would've lost everything, so I hid it."

Now, three years and four reconstructive surger-

ies later, all is well, though the magic five-year window for cancer survivors is still ahead.

You can watch Beeckman's short film and vote for it at breastfest.ca/shorts-contest.

Stats

Breast cancer was the most common cancer diagnosed in Canadian women older than 20 years old in 2013.

- One out of every four cancer diagnoses is breast cancer.
- It's the second-leading cause of cancer deaths in Canadian women, after lung cancer.
- Fewer Canadian women are dying from breast cancer today than in the past. Breast cancer deaths have decreased by 42 per cent since the peak in 1986 due to earlier detection through regular mammography screening, advances in screening technology and improved treatments.

CANADIAN BREAST CANCER FOUNDATION



Breast cancer survivor Emily Beeckman, right, with her son, Jared, 15, left, and daughter, Tia, 11, centre. COURTESY OF ANNE BEDARD

Quoted

"What pulled me through was that I knew I needed to support my kids. I needed to be there for them."

Emily Beeckman

1 NEWS

up to \$14,000
in rebates

Top trade-in value

Financing
as low as
0%

2014

Ring in the New Year

With a great deal from DALE DOWNIE NISSAN

OVER 300 VEHICLES
on ground, ready to go!

FREE
basic maintenance
on selected models

DALE DOWNIE NISSAN

1111 Oxford St. E. London • 519-451-4560
Toll Free 1-888-451-3325(DEAL) • www.daledownie.ca



Nancy Branscombe
MIKE DONACHIE/METRO

Decision postponed on capital projects

Council members put off a decision on a series of capital funding projects.

Coun. Nancy Branscombe said it was “stupid” to look at the eight suggestions separately from the rest of the capital budget.

The eight items, including \$200,000 for bike lanes, \$500,000 for the Veterans Memorial Parkway noise wall and money for road upgrades, were put to the committee in the hope of early decisions.

But, it was agreed they should be deferred to the capital budget debate on Feb. 6.

Eldon House gets its curator

The longed-for funding to hire a curator for London's oldest building, Eldon House, was approved by the committee.

Coun. Joni Baechler explained it plans to apply for national heritage status but can't unless it has a curator.

With one in place, it can also making funding applications.

That was a \$59,000 element of a total budget request of \$232,000, approved by the committee 12-2.

Also approved was Museum London's \$1.5-million budget hike, which also includes hiring a curator.



Joni Baechler MIKE DONACHIE/METRO

Green spaces cut refused

City staff may have recommended a cut to the budget for environmentally sensitive areas, but council members didn't like the idea.

Upper Thames River Conservation Authority workers manage areas like Meadowlily Woods and Sifton Bog for the city. Staff suggested a \$72,000 cut to the contract, which would have reduced services like educational activities and trail maintenance.

But Coun. Judy Bryant led the charge against the “false economy,” saying it was too important to cut.

The committee voted 9-5 against cutting the money.



Judy Bryant METRO FILE

Budget bomb fizzles out

There was a small moment of friction when Coun. Joe Swan expressed unhappiness at an “emotional” term used by colleague Matt Brown.

Brown was insisting good budget decisions should be made immediately, and kept referring to a “budget bomb” that was ticking thanks to some being postponed last year.

Swan seemed upset by the term, and “respectfully” asked Brown to stop using it.

He did but, in response, people following the debate on Twitter quickly created a hashtag: #BudgetBomb.



City politicians and staff spent about eight hours focused on the 2014 budget as debate began in earnest Thursday in council chambers. MIKE DONACHIE/METRO

Welcome to taxing times at city hall

What's a fair share of tax-growth revenue?

Police budget again in crosshairs as city budget debate starts



MIKE DONACHIE
mike.donachie@metronews.ca

The city's budget process was always going to be controversial, but the first day was just a taste of what's to come.

The big battle between Mayor Joe Fontana and police Chief Brad Duncan is coming Friday, but we had a hint of it on Thursday.

As the strategic priorities

It had taken staff members months to draw up the funding requests and business cases for the 2014 budget.

But, despite some delays that held up proceedings for hours, council members managed to get through most of

Budget process

- City staff have tabled a budget that includes various proposed cuts and would require a tax increase of 3.1 per cent.
- Council members agreed to put several proposed cuts back into the budget, meaning that tax increase, at the end of Thursday, was sitting at about four per cent.
- That number will definitely come down as cuts are agreed to, but nobody knows how far down it will go.
- The operating budget debate continues Friday, with the capital budget on the table on Feb. 6. The whole thing is due to be agreed on by Feb. 27.

and policy committee got into the meat of the operating budget, the question of whether to give cops a \$900,000 share of revenue from tax growth came up.

It was too big a bite for

some.

Already, the committee had agreed to hand out some of the tax income — known as assessment growth and based on new homes being built — to different services.

Some of the money would go to personnel costs, but the committee demanded a 30 per cent cut in that area.

So, with 95 per cent of his requested budget increase accounting for staffing costs, would Duncan accept a \$300,000 cut in his \$900,000 assessment growth award? Oh no.

“The \$900,000, quite frankly, is absolutely essential, moving forward with our current operating budget in 2014,” Duncan told councillors.

In the end, the decision wasn't made. The committee agreed to defer it and consider the entire police funding request as one issue Friday.

The cops want 3.3 per cent, a total of \$3 million.

Approvals for some, funding cut elsewhere

them in a day.

London Public Library's 1.8 per cent request was quickly approved, as was money for Centennial Hall, Tourism London, the London Convention Centre and various business improvement

areas.

The committee did approve a funding cut for the Downtown London Business Improvement Area, despite a plea made by its leading figures.

It's had around \$100,000 a

year since 1989, but last year that was cut to \$53,000.

Councillors agreed Thursday to cut that to zero, noting that Downtown London's levy on businesses give it more than \$900,000 a year.

MIKE DONACHIE/METRO



Canadian Blood Services is looking to bring in more donors after cold weather cancelled clinics and left stockpiles shorter than average. THE CANADIAN PRESS

Seems city blood does not run cold

Icy-weather shortage. Donor appointments slowing down, while no-shows on the rise



SCOTT TAYLOR

scott.taylor@metronews.ca

The recent frigid weather has left the London branch of Canadian Blood Services in a tough spot.

According to community development co-ordinator Chris Hardy, 24 clinics nationally had to close during the coldest days of January, including some in the London-Middlesex region.

In addition, many people

either didn't book an appointment or skipped one they had made due to the low temperatures and biting windchill.

"Nationally, we've lost the chance to collect about 1,200 units," Hardy said. "That's hurting us a little bit, and we need to make that up."

"Here in London at our permanent site, during the (Jan. 23 to 24) snowstorm, we saw a reduced number of people coming through the door and a lot of no-shows."

With milder weather forecast for Friday, Hardy said he hopes people use that opportunity to give blood while they can.

"We have nationally activated our blood signal, which is a signal we use to encourage people at this time to

The bloody truth

On average, someone in Canada requires blood or blood components every 60 seconds, and, since blood has a limited shelf life, demand is constant.

- It can take 50 units of blood to help someone in a car accident.
- It can take eight units a week to help someone with leukemia.

come on out and donate blood," he said.

"There's a real immediate need for O-negative and A-negative blood right now."

Snow, speed and concrete

If you're going to build a toboggan, concrete probably isn't your first choice of material.

That is, unless you're one of the roughly 450 students who have arrived in London for the 40th Great Northern Concrete Toboggan Race.

Western University is this year's host for the annual event, which involves more than 20 universities and colleges from across Canada and one from the U.S.

It's the largest student engineering competition in Canada and challenges participants to apply knowledge gained in the classroom to an unusual challenge.

As the name might sug-

gest, the students craft a toboggan that has a running surface made entirely of concrete. It must be able to support five people and weigh less than 300 pounds.

Last year, Western's engineering team won the overall competition as well as the Giant Slalom Champion award and the prize for building the most sustainable concrete toboggan.

A technical exhibition of entries is open to the public from noon to 4 p.m. Friday at the Hilton at 300 King St.

As for the racing itself, you can catch that on the slopes of Boler Mountain from 8:30 a.m. to 4 p.m. Saturday.

MIKE DONACHIE/METRO

Climate history

Weather records blow into Western

Want to know what the weather was like on Jan. 31, 1849?

How about in 1888, 1923 or 1959? Western University will soon be the place to turn.

Environment Canada's weather records from 1840 to 1960 are coming to Western on long-term loan. While at the school, the collection will be preserved, digitized and shared.

The collection consists of about 1,000 boxes of observations from thousands of weather stations across Canada. It includes 250 volumes of journals, letterbooks and correspondence that make up the history of the Meteorological Service of Canada itself.

The collection will arrive

at Western over the next several weeks and will be available to researchers by the summer.

Alan MacEachern, a history professor and director of Western's Network in Canadian History & Environment, called the arrival a "great boon to climatologists and historians."

"It will also make Western a destination for climate history researchers from across Canada and beyond," he said.

In 1840, the Upper Canada government turned grammar schools into part-time weather stations, with teachers compiling meteorological observations.

By the time of confederation, the predecessor of Environment Canada ran a network of weather stations along a narrow band of Eastern Canada, and, over time, the number and range of stations expanded. METRO

Cloudy forecast

Weekend warm-up?

When students hit the slopes for the Great Northern Concrete Toboggan Race, they may or may not have a messy mix to deal with.

Depends on which meteorologists you put your faith in.

According to The Weather Network, London is going to get hit with as much as 15 centimetres Saturday with the temperature hovering around freezing. On the other hand, Environment Canada is forecasting a high of 2 C.

Sunday will be cooler with an overnight low into Monday morning of -19 C. SCOTT TAYLOR/METRO

Epidemic diarrhea

Vaccines will be available for lethal pig virus

Permits will be issued to allow veterinarians to import a vaccine for a deadly pig virus first discovered in Canada on a Middlesex County farm, officials said Thursday.

Federal Agriculture Minister Gerry Ritz says the manufacturer's preliminary studies have shown that vaccinated pigs develop antibodies against the porcine epidemic diarrhea virus.

The highly contagious virus — which has killed millions of piglets in the U.S. — continued to spread in Ontario this week as officials confirmed a fourth case Wednesday. THE CANADIAN PRESS



Be Career Ready In 18 Months! Become A **Massage Therapist.**

**Massage Therapy Program
Information Session**

When: February 10th, 2014 | 10am

Where: Westervelt College,
1060 Wellington Road

You will have the opportunity to:

- ✓ Talk with Massage Professionals
- ✓ Learn about Career Opportunities
- ✓ Learn about the program
- ✓ Hear from successful graduates
- ✓ Check out our clinic.

➔ **Classes start February 24! Call 519.668.2000 or www.westerveltcollege.com to get more information.**

To sir (or madam), with love

Londoner warming hearts one pen stroke at a time

MIKE DONACHIE/METRO
mike.donachie@metronews.ca

Unlucky in love? Or are you just bad at being romantic? There's a girl who has the help you need.

Meet Lefty Smudges, the creative Londoner who wants to write your Valentine cards for you.

Better known to her friends as Allyson Proulx, she's been working her way around London's coffee shops to meet potential clients who need her magic words.

Proulx uses a mix of wordsmithing and papercraft to create romantic messages that, while not guaranteed to land the love of your life, will at least make sure they know how deep your feelings are.

Messages from the heart

"One of the first things people say to me is, 'I don't know what to say,'" said the 35-year-old, whose day job is working in Starbucks. "I say, 'Why do you want to send a card?'"

"They tell me they don't know, and that's what you need me for. I've got the words right here."

The phrasing might be gushing with love — her favourites include "I'm in love with you because I can't help it" — but the message isn't just in the words, said Proulx. It's in the letter itself. "When people come to me and buy cards, they appreciate the power of the written word," she said. "They have that memory of what that felt like to send and receive mail."

"It's not part of our normal communications any more, but we remember what that was like."

"We had pen pals in elementary school, or whatever."

Allyson Proulx, a.k.a. Lefty Smudges, is sending heartfelt words and wishes to the masses this Valentine's Day.

PHOTO ILLUSTRATION BY MIKE DONACHIE AND AMANDA VAN DEVEN/METRO

Your grandparents would write you."

So part of the thrill, said Proulx, is sending or receiving a beautifully-made, wax-sealed work of art filled with messages of love.

Sending valentines

But if she's the queen of Valentines, what are her big plans for Feb. 14?

Unsurprisingly, she's sending a lot of cards. The latest count is 34, including

one to her mother, several to close friends and some to "single gentlemen."

Proulx smiles when asked if she's single. (She is, by the way.)

Catch up with Lefty Smudges — who gets her name from being left-handed — at the Bag Lady (474 Pall Mall St.) from 2 to 4 p.m. Feb. 5. Or visit leftysmudges.com.

Keys to the perfect love letter

Lefty Smudges has some advice for people who want to woo their potential partners with a letter.

- "Honesty is the best policy," she says firmly. "Be totally honest: Simple. You can never underestimate simplicity."
- Next, don't be afraid to say "I love you," she advises.
- Fear of the three little words should never hold you back. Everyone loves to be told that they are loved.
- And always try to introduce a personal touch.
- Use a pet name when you address the envelope or start the letter. Or create a reason to go to the mailbox so it's a romantic treasure hunt.

Romancing the Forest City

Metro asked Allyson Proulx to pen a special love letter for London. Her words speak for themselves.

Dear London,

I love you.

I do.

I love you for all that you offer, and for all who call you Home.

My love for you developed when you took me in after years of absence, struggle, and the sadness of loss. You took me in, pulling back a veil of leaves, revealing branches full of artists and beauty, and a spot for me to sit.

You showed me the trick of your love is found in pockets; pockets every shade of green — emerald, olive, apple, pear, moss, fern, and forest. A different shade for every gift you offer — nature, stability, healing, comfort, creativity, hope, and more...

There is a pocket with my favourite library inside. A pocket for the diner boys who always let me be. A pocket for grand ideas in education and medicine. A pocket we can go to to dance and sing out loud. There is a special pocket for the painters, and one for the poets too. A big, beautiful pocket, the most attractive shade of green, is where I found my family, waiting for me.

London, I love you for holding all of these people and all of these pockets with limbs that are knotted and gnarled, strong and with care. London, it is you that I call Home.

All my love,

Lefty Smudges



Love makes the world go round

"To spread love, with a capital 'L'. That's my intention." Allyson Proulx, a.k.a. Lefty Smudges

Evil Dead: The Musical is back from the dead, bloodier than ever

Groovy. Iglesias Productions is bringing Evil Dead: The Musical back to London

When you think musical theatre, the first images that come to mind likely have nothing to do with blood and guts.

Evil Dead: The Musical, however, isn't your typical type of show.

"It's going to be crazy," producer and director John Iglesias said, describing the splash zone where audience members are guaranteed to be covered with fake bodily fluids. "(Last time) we went through almost 100 litres of fake blood that I had to make, and I want to go through double that at least."

Iglesia Productions is bringing the musical comedy back to London. Based on the cult



Actor Mark Nocent is playing lead character Ash Williams in Iglesias Productions' take on Evil Dead: The Musical. COURTESY OF ECHO GARDINE

horror movie trilogy The Evil Dead, the show made a Toronto debut in 2003 and has been making the rounds to other venues ever since.

The unique blending of horror, humour and audience interaction is what inspired Iglesias to do London's first production in 2011, which sold

out. Now, with almost all his original cast and crew ready to go, Iglesias is ready for an evil revival.

"I told them that I want

to open the show where we closed three years ago. That same energy, and then we'll just take it from there," he said.

Schedule

- Runs April 1-6 and April 8-13 at McManus Theatre, which is in The Grand Theatre.
- Tickets go on sale Saturday at The Grand.
- \$30 for regular seating, \$35 for limited "splash-zone" seating.

The redux version will boast a redesigned set for what Iglesias hopes is even more crowd participation, with audience seating lining the stage.

"Everything that was on my wish list last show is all happening now," he said. "The stage is going to bleed into the audience."

And, he means that quite literally.

DAVID INGRAM/FOR METRO

Live steps from
Western
University.

Newly Renovated
Suites at Affordable Prices

Each designer suite offers brand new features including custom kitchen cabinetry, new appliances plus a dishwasher, new bathrooms and modern lighting.

Suites feature open-concept living with large windows, spacious living areas, as well as private balconies with spectacular city and university views.

Rent today! 888.294.7208
1231 & 1265 Richmond Street

Amenities include:

- Outdoor swimming pool
- Tennis court
- Off-leash dog park
- Brand-new fitness and yoga facility coming soon

Bachelor, 1, 2, and 3 Bedroom Suites
from \$865

 **Timbercreek**
Communities

Visit www.timbercreekcommunities.com and click on Student Living

Health Canada. Morning-after pill to be studied due to questions over efficacy

Health Canada says it is studying the effectiveness of the so-called "morning after" contraceptive pills in the wake of news they aren't as effective in larger women.

The federal drug regulator says it is assessing new data that suggests a higher body weight could reduce the effectiveness of emergency contraceptives.

Health Canada says it is also looking at whether labelling changes are needed for all brands of the pills to reflect the problem.

The department's statement comes two months after French manufacturer HRA Pharma announced its emergency contraception pill doesn't work in women who weigh more than 176 pounds.

There are four brands of morning-after pills available without prescription in Canada: Next Choice, from Cobalt Pharmaceuticals; HRA Pharma's NorLevo; Option 2, from Perrigo International and Plan B from Women's Health Inc.

Health Canada says if it de-

cides action needs to be taken, it will work with manufacturers to update labels and inform consumers.

The pills contain higher levels of levonorgestrel than standard oral contraceptives and work by preventing ovulation or fertilization of an egg. They can be taken up to 72 hours after unprotected sex or a contraceptive accident such as a condom breaking.

The pills do not have any impact if a woman has already become pregnant.

Health Canada says it is aware of a recent statement from the European Medicine's Agency alerting consumers to the fact that NorLevo's labelling had been altered to make reference to the observation that weight affects the efficacy of the medication.

The added wording says the pill's efficacy is reduced in women weighing 75 kilograms (165 pounds) or more, and the pill doesn't work for women who weigh more than 80 kilograms (175 pounds).

THE CANADIAN PRESS



HRA Pharma announced its emergency contraception pill doesn't work for women over 176 pounds. Health Canada is looking into potential label changes for morning-after pills. REMY DE LA MAUVINIÈRE/THE CANADIAN PRESS/THE ASSOCIATED PRESS

Calgary. 3 teens charged with breaking into car, dumping human ashes

A car prowling that ended in human ashes being dumped onto the street has led to the arrest of three teenage girls.

Colleen Ransom kept her daughter Emma's ashes in a pouch in her truck. But in the early hours of Aug. 2, someone opened the unlocked vehicle in Calgary, stole the pouch and emptied it onto the street.

Ransom says she's relieved that charges have been laid.

"I feel horrible for the parents as I've raised four daughters and I know it's a difficult job," Ransom said in an email to Calgary police Thursday.

"I just hope it will make the girls think a little bit about personal space and belongings and how (their) actions may affect someone else."

A 15-year-old and a 13-year-old are charged with theft, while another 15-year-old has been charged with theft and property damage. Tips from the public led police to lay the charges.

Emma Ransom, 19, was killed along with two other women in 2009 when the car they were in lost control and slammed into an oncoming car.

THE CANADIAN PRESS

Ford: I'm no fan, but Bieber's not that bad



Toronto Mayor Rob Ford is questioned by reporters at city hall in Toronto on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

'He's a young guy.'

Despite a preference for Rush, Zeppelin, Toronto mayor sticks up for pop star recently charged with assault in his city

Toronto Mayor Rob Ford is sticking up for another headline-grabbing Canadian — Justin Bieber.

Ford was asked about the pop singer when he spoke by phone today to the Washington, D.C.-based Sports Junkies radio show.

Ford said Bieber is only 19 and asked the radio personalities, who called Bieber "Canada's worst export," to think back to when they were that age. On Wednesday, Bieber was charged in Toronto with assault.

Ford's comment on Bieber was: "He's a young guy, 19 years old. I wish I was as successful as he was."

Ford says he's never met Bieber and is not a fan of his music, preferring Rush and Led Zeppelin.

Ford was also asked by the

Bieber's toxicology report

A toxicology report released Thursday shows that Justin Bieber tested positive for marijuana and Xanax after his arrest on DUI charges in Florida last week.

- The report also shows no presence of other illicit drugs in Bieber's system.

- A previous report found that breath tests placed Bieber's blood-alcohol content below the .02 level considered intoxicated for under-21 drivers.

radio hosts about a lawsuit filed against him from his sister's ex-boyfriend, who alleged the mayor conspired to have him attacked in jail to prevent Ford's illicit behaviours from becoming publicly known.

The mayor said he would not discuss the matter since it is before the courts, but his lawyer said Wednesday the allegations are "without fact or foundation."

THE CANADIAN PRESS

Syrian toddler rescued from rubble of building

Fourteen-month-old Ghina Khalil is recovering with her family in the northern Syrian city of Aleppo after being buried in rubble.

The stunning rescue, caught on video, corresponds to Associated Press reporting of events.

The footage shows a group of men frantically digging in the dusty rubble of her home after an alleged air strike on Jan. 22.

Amid cries of "God is greatest," the toddler's curly-haired head can be seen emerging from the dust, as the men scoop away handfuls of crumbled concrete with their bare hands. With her arms freed, the girl reaches up to wipe her eyes in a sign of life.

According to the activist who filmed the video, uploaded to the Internet by the Nur Media Centre, the girl was completely buried for at least three minutes and



In this image taken from a Jan. 22 video, men dig 14-month-old Ghina Khalil out of rubble in Aleppo, Syria. The toddler was pulled out after men pulled aside rocks, concrete and dust to free her from under a smashed building bombed by government forces. NUR MEDIA CENTER/THE ASSOCIATED PRESS

her mother was killed in the attack. A video taken later showed Khalil in new clothes, with no visible injuries.

The Syrian government

has been accused of using airstrikes and rocket attacks indiscriminately against residential areas.

THE ASSOCIATED PRESS

Russia

Arctic military buildup not a threat to Canada, Putin envoy says

Vladimir Putin's senior Arctic envoy has defended Russia's military buildup in the north, saying it is not directed at Canada or any of its allies.

Anton Vasiliev, Russia's ambassador at large for the Arctic, said Russia is solely concerned with defending its own vast northern regions, which are becoming more vulnerable due to climate change.

"Now the climate is getting milder, the ice is retreating and we simply need to protect our borders from illegal trafficking, illegal border crossing, mass crime, terrorism, narco-trafficking — all these bad things that come through this porous border," Vasiliev said Thursday in an interview. THE CANADIAN PRESS

SATURDAY, FEBRUARY 1 ONLY!

20X

THE SHOPPERS OPTIMUM POINTS®

WHEN YOU
SPEND \$50 OR
MORE† ON ALMOST
ANYTHING IN
THE STORE.

FREE
feels good™



PLUS

1 DAY
SALE

These SATURDAY ONLY Specials - February 1

3.99
EACH

12 = 24 ROLLS



ROYALE
BATHROOM TISSUE 9 Roll - 12 Roll
Selected Types
Limit 4. After limit 4.99
Rest of Week 4.99

4.99
EACH



BOUNTY
PAPER TOWELS 6 Roll
Limit 4. After limit 5.99
Rest of Week 5.99

4.49
EACH



BOUNCE FABRIC SOFTENER SHEETS (70's),
DOWNY LIQUID FABRIC SOFTENER
(1.23L - 1.53L) or **TIDE** LAUNDRY
DETERGENT (1.18L) Selected Types
Limit 4. After limit 5.99
Rest of Week 5.99

2.77
EACH



TAMPAX TAMPONS (20's),
ALWAYS MAXI PADS (12's - 24's)
or **LINERS** (30's - 60's)
Selected Types
Limit 4. After limit 2.99
Rest of Week 2.99

3.77
EACH



FRUCTIS HAIR TREATMENTS or
PANTENE HAIR CARE PRODUCTS
Selected Types & Sizes
Excludes Premium
Limit 4. After limit 3.99
Rest of Week 3.99

3.99
EACH



REVLON
NAIL ENAMEL or TREATMENT
Selected Types
Limit 4. After limit 5.99
Rest of Week 5.99

40%
OFF



WEBBER NATURALS
VITAMINS or NATURAL HEALTH PRODUCTS
Selected Types & Sizes

Available at food locations only — see shoppersdrugmart.ca for details

2.77
EACH



EVERYDAY MARKET
BUTTER 454g
Selected Types
Limit 4. After limit 2.99
Rest of Week 2.99

88¢
EACH



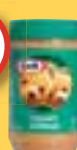
NEILSON
CHOCOLATE MILK 1L
Limit 4. After limit 1.29
Rest of Week 1.29

1.88
EACH



DEMPSTER'S
ENRICHED WHITE or
WHOLE WHEAT BREAD 675g
Limit 4. After limit 1.99
Rest of Week 1.99

2.99
EACH



KRAFT PEANUT BUTTER (750g - 1kg) or
SPREADS (500g)
Selected Types
Limit 4. After limit 3.49
Rest of Week 3.49

2/\$4



RUFFLES (235g) or
CHEETOS (285g - 310g) CHIPS
Selected Types
or 2.50 each. Limit 4
Rest of Week 2/\$5

2.99
EACH



CARNATION COFFEE-MATE WHITENER
(450g) or **MAXWELL HOUSE** INSTANT
COFFEE (150g - 200g)
Selected Types
Limit 4. After limit 3.49
Rest of Week 3.49

1.97
EACH



COCA-COLA or **PEPSI**
BEVERAGES 6 x 710mL
Selected Types
Limit 4. After limit 2.99
Rest of Week 2.99



SHOPPERS DRUG MART



Rest of Week Pricing in Effect Sunday, February 2 to Friday, February 7, 2014 while quantities last. We reserve the right to limit quantities. *Our Regular Price. †Offer valid on Saturday, February 1, 2014 only. Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with the RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. © 911979 Alberta Ltd.

Sex ring busted before Super Bowl: Officials

'Party packs.'

Texts advertising cocaine and sex combos were allegedly sent to clients

Officials say 18 people are being rounded up in New York

City on allegations they sold "party packs" of cocaine and sex to high-end clients and texted clients to advertise ahead of this week's Super Bowl festivities.

The officials say the arrests follow an 11-month investigation by state and city authorities. The law enforcement officials with knowledge of the oper-

ation spoke to The Associated Press on condition of anonymity because they weren't authorized to disclose it before court filings Thursday.

They say surveillance shows the ring laundered money and credit cards through clothing, wig, beauty supply and limousine businesses and target-

ed wealthy out-of-town customers, especially during large events.

Prostitutes would bring cocaine to clients who ordered the so-called party packs.

The text sent 10 days before the Super Bowl says "new sexy & beautiful girls R in town waiting for u."

THE ASSOCIATED PRESS



New York Attorney General Eric Schneiderman and New York City Police Chief of Department Philip Banks in New York. THE ASSOCIATED PRESS

Sochi. Olympic organizers 'clarify' statement — athletes free to express themselves

A day after the head of the Sochi organizing committee appeared to contradict IOC president Thomas Bach on the rights of Olympic athletes to freely express themselves at news conferences, organizers issued a backpedalling statement Thursday "to clarify" their position.

Dmitry Chernyshenko said Wednesday that he didn't think athletes were allowed to speak about non-sporting issues at official Olympic news conferences. On Monday, Bach said athletes would be free to do so.

"The Sochi 2014 Organizing Committee would like to clarify

comments attributed to Dmitry Chernyshenko yesterday concerning athletes being able to express themselves during press conferences. Sochi 2014 are fully aligned with the position of the International Olympic Committee," the committee said in a statement.

"Mr. Chernyshenko simply meant that athletes are free to express themselves at a press conference — but of course they cannot use a press conference to make a demonstration or protest — similarly, they cannot use any Olympic venue to demonstrate."

THE ASSOCIATED PRESS



Protesting on pointe

Ballet dancer Alexandra Portyannikova, wearing handcuffs and braving the -20 C weather, takes part in a protest action on a square in Moscow. It was organized by Amnesty International to draw international attention to human-rights violations in Russia. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Valerie Trierweiler. France's former first lady says she has no regrets

"Je ne regrette rien."

That's what France's former first lady, Valerie Trierweiler, told the weekly Paris-Match amid the drama of being dumped by French President Francois Hollande for a younger actress.

Trierweiler and Hollande seem to be keeping things civilized, though. Since the president announced their split over the weekend, they have apparently continued to talk and text.

Trierweiler, speaking to journalists on a trip to India this week, described for the first time some of what led to their breakup. She seemed to be trying to smooth over her reputation and win sympathy from the French, who have seen her as aloof and manipulative and never really warmed to her.

Trierweiler blamed the deterioration in their relationship on Hollande's ascent to the presidency, the country's macho political culture and the shock of learning about his affair with French actress Julie Gayet.

Trierweiler told Paris-Match, where she long worked as a



Valerie Trierweiler
THIERRY CHESNOT/GETTY IMAGES FILE

Quoted

"When I found out, it was like I had fallen from a skyscraper."

Valerie Trierweiler, on finding out French President Francois Hollande was having an affair.

journalist, that she didn't believe rumours about the affair until the gossip magazine Closer reported it earlier this month.

Trierweiler fainted at the news, Paris-Match reported, then was hospitalized for a week. THE ASSOCIATED PRESS

Montreal

Woman dies after clothing caught in escalator

A woman died strangled on a Montreal subway escalator Thursday after an article of clothing, presumably her scarf, got caught in the moving device, said an ambulance spokesman.

"I was told it appeared to be a scarf but this is still to be determined by the police investigation," said Urgences-Sante employee Bob Lamle.

Lamle said the woman's papers indicate she was 47.

Earlier, police said she was in her 30s.

The accident happened at the Fabre station in the city's north end. The woman was found at the bottom of the escalator. THE CANADIAN PRESS

Healthcare Career Training

303 Richmond St London Campus

Train as a:

Community Service Worker
Developmental Service Worker

Intra Oral Dental Assistant

Massage Therapist

Medical Laboratory Assistant/Technician

Medical Office Administrator

Personal Support Worker

Pharmacy Assistant



Medix College

of Healthcare
A Division of the Career College Group



medixcollege.ca

ENROLL NOW!

Financial Assistance
for those who qualify



Egypt arrests 11 for Facebook incitement



This screen grab taken Thursday shows the Facebook page of The Revolutionaries of Bani Suef. Their administrator was arrested. VIA FACEBOOK/THE ASSOCIATED PRESS

E-revolution. Social media rants bring crackdown; but Morsi's former government also arrested Internet protesters

Egyptian authorities arrested 11 Muslim Brotherhood members accused of running Facebook pages that incite violence against the police, expanding a crackdown on followers of ousted Islamist President Mohammed Morsi to include social media.

The arrests Wednesday and Thursday are a sign that after largely crippling the group in a wave of arrests and killings of protesters, security agencies are going after younger members

using the Internet to keep protests alive and looking for evidence of links to a growing insurgency and violent backlash.

Bombings and drive-by shootings targeting police officers have accelerated in retaliation for the killings and jailing of Brotherhood members and other Islamists.

The attacks have been claimed by an al-Qaida-inspired militant group, but the government accuses Morsi's Brotherhood of orchestrating the violence and has branded it a terrorist group, an accusation they deny.

The police's online pursuit raises concerns that the fear of attacks could be used as a pretext for imposing heavier restrictions on the freedom of the Internet, a major outlet for expression after the military-backed in-

terim government extended the crackdown to silence other forms of dissent, with the arrests of leading secular activists.

Earlier this month, leading liberal and former lawmaker Amr Hamzawi was referred to trial over charges of insulting a judge because of a Twitter posting criticizing a ruling.

Meanwhile, under the crackdown, social media have become one of the Brotherhood's main ways of communication, spreading calls for non-stop protests demanding Morsi's reinstatement. Authorities also expanded their anti-Brotherhood crackdown to go after the Qatar-based Al Jazeera TV news network, which they have long accused of bias in favour of the group.

THE ASSOCIATED PRESS

It's a hard sell. Big Apple lags far behind in percent of women firefighters

As a New York City firefighter, Sarinya Srisakul didn't work with another woman for five years, and when she did, she took pictures because it was so rare.

"We were so excited to see each other," she said. "For me, that just doesn't happen."

There are only 37 women out of 10,500 uniformed firefighters in New York City,

about a third of one per cent, among the lowest percentage of any department in the United States. But that number will grow after a record number of women took the latest exam following recruitment spurred by a court order. Six women entered the fire academy this week, but recruiters say many women are just not interested.

THE ASSOCIATED PRESS



New York City firefighter Sarinya Srisakul. CRAIG RUTTLE/THE ASSOCIATED PRESS

Tough new law planned

According to the Al-Shorouk newspaper, Egypt is preparing a new anti-terrorism law that criminalizes websites that promote "ideas or beliefs calling for use of force or violence."

- During Mohammed Morsi's one-year presidency, there were several arrests linked to postings seen as offensive to Islam.
- Suicide bombings, attacks and drive-by shootings by militants have targeted senior cops, including one who was investigating the Brotherhood and was killed in November.



Have you been diagnosed with Fibromyalgia or do you have unresolved muscle or nerve pain?

Join a clinical research trial to evaluate the effectiveness of a new investigational natural health product.

Contact KGK Synergize Clinic:
519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com

Call us to see if you qualify!
Compensation up to \$100.00

KGK synergize

HAIR IMPRESSIONS

MEN AND WOMEN

GRAND OPENING!

\$5 OFF
Men's Cuts

20% OFF
Perm, Colour, and Highlights

Offer expires February 28th

519-645-1010 • 1080 Adelaide St N London

ARGYLE

TAX SERVICE

We prepare Canadian, Quebec and U.S. returns.

argyletaxservice.com

1920 Dundas St. E. Unit 118
(519) 457-7670
Monday-Friday 9-9, Sat 9-5

Handed over 28 years for murder, Knox set for yet another appeal

Italian court upholds guilty verdict. At her mom's Seattle home, American defendant calls ruling 'unjust.'

An appeals court in Florence on Thursday upheld the guilty verdict against U.S. student Amanda Knox and her ex-boyfriend for the 2007 murder of her British roommate. Knox was sentenced to 28 and a half years in prison, raising the spectre of a long legal battle over her extradition if the conviction is confirmed.

Lawyers for Knox and her co-defendant, Raphael Sollecito, vowed to appeal to Italy's highest court, a process that will take at least another year and drag out a legal saga that has divided court watchers in three nations.

In a statement from Seattle, where she had awaited the verdict at her mother's home, Knox said she was "frightened and saddened" by the decision. She said it was "unjust" and the

result of an overzealous prosecution and narrow-minded investigation that worked to "pervert the court of justice."

"Having been found innocent before, I expected better from the Italian justice system," she said.

After nearly 12 hours of deliberations, the court reinstated the guilty verdicts first handed down against Knox and Sollecito in 2009 for the death of Meredith Kercher. Those verdicts had been overturned in 2011 and the pair freed from prison, but Italy's supreme court vacated that decision and sent the case back for a third trial in Florence.

Kercher, 21, was found dead Nov. 2, 2007 in a pool of blood in the bedroom of the apartment she and Knox shared in the central Italian city of Perugia, where both were studying. Her throat had been slashed and she was sexually assaulted.

Knox and Sollecito, who had started dating a few days earlier, maintained they were at Sollecito's apartment the night of the murder.

THE ASSOCIATED PRESS



A woman believed to be Amanda Knox is hidden under a jacket while being escorted from Knox's mother's home in Seattle on Thursday. Knox said she is frightened and saddened by the 28-year sentence. THE ASSOCIATED PRESS

Dismayed

"She was petrified. Silent."

Carlo Dalla Vedova, Amanda Knox's Italian lawyer, explaining his client's reaction over the phone when he told her of the sentence set by a Florence appeal court.



Amanda Knox
OLI SCARFF/GETTY IMAGES FILE

Ukraine president takes sick leave



Protesters practise battle moves at Kyiv's Independence Square on Thursday. Ukraine's president, Viktor Yanukovych, announced he's taking a sick leave as the political crisis shows no signs of resolution. EMILIO MORENATTI/THE ASSOCIATED PRESS

In the midst of Ukraine's ending political crisis, its embattled president went on sick leave Thursday, leashing a tidal wave of conspiracy theories since protesters have been demanding his ouster for months.

Was the 63-year-old Viktor Yanukovych really sick? Or was he feigning illness in preparation for something else, like dodging responsibility for a violent police crackdown on the protesters? Maybe he was ready to give in and hand over power to the opposition but hardliners in his government wouldn't let him?

No one but the president himself knew the answers.

Yanukovych has an acute respiratory illness and a high fever, according to his presidential website. There was no indication of how long he might be on leave or how much work he is able to do during that time.

Vitali Klitschko, leader of the opposition party Udar, suggested that Yanukovych could be pretending to take himself out of action in preparation for imposing a state of emergency. That has been a persistent worry of the opposition

Hard to handle

Ukraine's protesters won't budge despite a series of concessions, including:

- **Softer anti-protest laws.** Parliament voted Tuesday to repeal harsh anti-protest laws.
- **Prime minister's resignation.** Yanukovych accepted it, but protesters want him out and new elections to be held.

since protesters clashed violently with police two weeks ago; three demonstrators were killed in those clashes.

Yanukovych has faced two months of large protests that have sometimes paralyzed the centre of Kyiv, the capital. The protests started after he backed out of a long-awaited agreement to deepen ties with the European Union, but quickly came to encompass a wide array of discontent over corruption.

THE ASSOCIATED PRESS

L'Isle-Verte. 'Touched' Pope sends blessing as comfort

Pope Francis offered his spiritual support Thursday to a Quebec community devastated by a fire at a seniors' home that has left 19 people confirmed dead.

Thirteen people were still missing following the early morning blaze at Résidence du Havre in L'Isle-Verte on Jan. 23.

The Pope's sympathies follow those of the Queen, who offered her condolences in a message released a day after the fire.

Vatican Secretary of State Archbishop Pietro Parolin wrote that Pope Francis was immediately touched by the

tragedy upon learning of it.

The Pope "united himself in prayer in the grief of the bereaved families and entrusted the victims to the mercy of God, that they might be accepted into his light," the archbishop said.

Pope Francis imparted a special apostolic blessing "to all those affected by this tragedy" as a "sign of comfort," he added.

The residence had 52 units and many of its occupants had limited mobility, needing wheelchairs or walkers to get around. THE CANADIAN PRESS

News of the World

Actor Daniel Craig's phone hacked 'routinely'

A former tabloid reporter who admits snooping on voice mails said Thursday he "routinely" hacked the phone of actor Daniel Craig.

Dan Evans has pleaded guilty to phone hacking

while at the News of the World and the Sunday Mirror. He is a prosecution witness at the trial in London of former News of the World editors.

"I was routinely hacking Daniel Craig's phone from my Sunday Mirror days," Evans told the jury.

Evans said he obtained a story about supermodel Kate Moss from the James Bond actor's voice mail messages.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
89.56¢ (+0.10¢)



TSX
13,735.28 (+92.06)



OIL
\$98.23 US (+\$0.87)



GOLD
\$1,242.50 US (-\$19.70)

Natural gas: \$4.92 US (-\$0.55)
Dow Jones: 15,848.61 (+109.82)

Hits record high

Facebook stock gets thumbs up on eve of 10th birthday

Facebook's stock is soaring after the social networking company reported stronger-than-expected results for the fourth quarter, fueled by strong mobile advertising

revenue.

Facebook Inc., which turns 10 next week, said Wednesday that more than half of its advertising revenue now comes from mobile. It only started showing mobile ads in 2012. Investors fretted at the time that it wouldn't be able to evolve into a "mobile-first" company. The quarter's results are a sign that it has.

THE ASSOCIATED PRESS

Was biggest acquisition

Google cuts losses with \$2.9 billion sale of Motorola

An expensive mistake by Google could turn into a golden opportunity for China's Lenovo Group as it expands beyond its success in the computer industry.

Google is ridding itself of a financial headache by selling Motorola Mobility's smartphone business to Lenovo for \$2.9 billion US. The deal, announced late Wednesday, comes less than two years after Google bought Motorola Mobility for \$12.4 billion US in the biggest acquisition of Google's 15-year history.

THE ASSOCIATED PRESS

Star sparks debate on Israeli settlements

Oxfam tiff. Scarlett Johansson opts to stick with Tel-Aviv-based company, SodaStream

Scarlett Johansson has parted ways with the international charity Oxfam because of a dispute over her work for SodaStream, a company operating in a West Bank settlement.

The actress stepped into controversy recently when she agreed to become a global brand ambassador for SodaStream, a Tel Aviv-based company that makes home soda machines and

Under pressure



"I remain a supporter of economic co-operation and social interaction between a democratic Israel and Palestine."

Scarlett Johansson, responding, in a public statement released Friday, Jan. 24.

has its main plant in an Israeli industrial park next to the West Bank settlement of Ma'ale Adumim.

THE ASSOCIATED PRESS

Opposition bubbles up

The dispute between the starlet and Oxfam brings attention to a widening campaign to boycott the settlements, drawing attention to a larger debate about whether Israel will become an international pariah, at a steep economic price, if it fails to reach a peace deal with the

Palestinians.

- The international charity said Thursday that it believes SodaStream and other businesses operating in Israeli settlements in the West Bank contribute to the "denial of rights of the Palestinian communities that we work to support."



Hibernation during big chill freezes bottom line

Barbers Tarris Horton, left, and England Wesley play a video game, with one-year-old Kannon Wesley watching at right, while they wait for customers at Hair on the Floor Barbershop in Covington, Ky. Wesley says business at the barbershop, which depends heavily on walk-in clientele, has been down about 90 per cent in the past several weeks, as the mercury hovered around the zero mark on Tuesday. The January deep freeze wrought by the polar vortex in the Midwest, a big snowfall in the Northeast and abnormal cold and snow in the Deep South has moved many to hibernate — hitting hair salons and other businesses that rely on walk-ins and appointments, including restaurants and health-care specialists.

THE ASSOCIATED PRESS

Trimming fat. Best Buy Canada cuts 950 workers

Best Buy Canada is laying off about 950 full-time employees as the company reworks its operations to reduce layers of management and combines some of its sales departments.

The electronics retailer said Thursday that the job cuts will affect both its Best Buy and Future Shop stores across Canada.

THE CANADIAN PRESS

Money Mart. Attempt to derail class action fails

The Supreme Court of Canada won't hear an appeal in a case where Money Mart sought to derail a class-action suit over payday loans.

Two Calgary men, Gareth

Young and H. Craig Day, are representative plaintiffs in the class action, which argues that the lender's fees for short-term loans are unlawful.

THE CANADIAN PRESS

Loonie to dive down as low as 85 cents: Economist



Watch for the loonie to go even lower this year, say two leading bank economists.
JONATHAN HAYWARD/THE CANADIAN PRESS

Watch for the loonie to lose more of its luster this year, according to two well-known bank economists.

Craig Alexander, chief economist for TD Economics, warned Thursday that consumers could see the Canadian dollar slide as low as 85 cents US by mid-year if the current environment continues.

He said factors that have impacted the currency so far this year, from an increasingly dovish tone from the Bank of Canada to tapering of monet-

ary stimulus by the U.S. Federal Reserve, will continue to drag down the loonie.

"TD Economics expects that the factors which have taken the Canadian dollar lower are unlikely to shift over the next year or so," wrote Alexander in the report, titled The Call of the Loonie.

"Canada's economy is forecast to underperform the United States, interest rate hikes remain quite a ways off and the outlook for commodity prices is pretty flat, on aver-

age."

The report noted that a strengthening U.S. greenback and Bank of Canada governor Stephen Poloz's perceived stance on a weakened loonie have led the currency's fall to a four-year low.

"(Poloz's) messaging has led markets to believe that the Bank of Canada will not be raising interest rates for quite some time and that the bank is very comfortable with a weaker loonie," Alexander said.

THE CANADIAN PRESS

Pointing to Poloz

Senior economist Benjamin Reitzes, in a separate report for BMO Capital Markets, forecast the loonie will fall to 87 cents later this year.

- "Since governor (Stephen) Poloz took the helm at the bank, each statement has become more dovish than the last," Reitzes said.

THE HAT THAT LAUNCHED 76K RETWEETS

Here's some of the great stuff that's been trending on social media — not including #JustinPleaseComeToTurkeyOnHolidays and Justin turning himself in to Toronto police. Sorry, I need a break from the Biebs — or sabbatical.

1 Bell Let's Talk. The hashtag #belletstalk lit up to the tune of three million tweets for the Fourth Annual Bell Let's Talk Day Tuesday, where Canadians break the silence around mental illness. More than \$5 million was raised to support mental-health initiatives across the country. Even Rogers tweeted out to use the hashtag. Beautiful day showcasing power of Twitter to effect change.

2 Arby's. What people loved the most about the Grammys was Pharrell's Hat — it resembled Smokey Bear and Arby's restaurant logo. Hats off to Arby's who won the day with the tweet: "Hey @Pharrell, can we have our hat back?" It garnered more than 76,000 retweets. Pharrell responded: "Y'all tryna start a roast beef?" Another coup for brands using humour.

3 Titanic recreation. Leonardo DiCaprio crashed Jonah Hill's SNL monologue as Hill mocked his Wolf of Wall Street co-star. Jo-



THE METRO LIST

Neil Morton

metronews.ca

nah apologized and said to soothe his nerves, could they do that thing "that made me feel safe" on the movie set. That thing was a reenactment of the Titanic "I'm flying" scene.

4 Terrence Ross. In a spectacular display, the Toronto Raptor forward — last year's all-star slam dunk champion — put on a game for the ages, scoring 51 points against the LA Clippers and tying Vince Carter's team record. What makes it more remarkable? Ross entered the game averaging just 9.3 points per game.

5 Air Canada comedy skit. Shaun Majumder did a parody of Air Canada's customer service on This Hour Has 22 Minutes, playing "Trevor" an Air Canada rep who outlines ridiculous options for people needing help. The point: Customer service

is No. 1. So don't just say it, make it No. 1.

6 Instagrammy hit. An Instagram montage summed up style at the Grammys with a picture of Stormtroopers (Daft Punk), Wednesday from The Addams Family (Lorde), a Canadian Mountie (Pharrell's hat) and a wet dog (Beyoncé's hair). Suddenly, I feel just fine being ordinary in plaid and skinny jeans.

ZOOM

This calls for an opera!



ROBERTUS PUDIYANTO/GETTY IMAGES

For the Year of the Horse, of course

Actors perform on stage during The Beauty of China Opera show at Pakuwon Imperial Ballroom in Surabaya, Indonesia, as part of the Chinese New Year celebrations known as the

Spring Festival or the Lunar New Year, welcoming the Year of the Horse.

Chinese communities around the world were gearing up for the holiday. Based on the Lunisolar Chinese calendar, the new year is celebrated from the first day of the first month of the lunar year and ends with the Lantern Festival on the 15th day.

GETTY IMAGES/THE CANADIAN PRESS

By the numbers

3.6B

China's Lunar New Year migration is often referred to as the largest movement of people anywhere, with 3.6 billion trips of all lengths by bus, plane and train expected to be made over the 40-day travel rush. While still an annual ritual for millions working far from home, such journeys are being shunned by many of the newly prosperous who are increasingly using the holiday to fly to overseas.



A tree decorated with red lanterns in Beijing. Mainland China will be virtually shut down for the next seven days. FENG LI/GETTY IMAGES

Clickbait



IRENE KUAN
Metro Online

A month has passed since the New Year — are your diet plans still on track? Don't feel ashamed if you've let them slip; it happens to the best of us. Here are some apps to help you maintain your diet goals:

My Fitness Pal:

Track your weight, food intake and activities with this free app. You can set calorie intake goals, log your meals, and find nutritional info through the food diary. Each time you log in, you'll be reminded of your achievements. The weight loss is tracked on a chart to show your progress or lack of. You can also connect to your "fitness pals," if you need a friend to keep you motivated.

FatSecret (free):

Find out the nutrition information from your favourite foods, brands and even restaurants with this free app. There's a barcode scanner for info from store bought items. A food diary will

help you keep track of your diet, along with the exercise log and diet calendar to track calories consumed and burned. It also provides healthy recipes.

My Net Diary (\$9.99):

Make tracking your weight and food intake hassle-free with this easy-to-use app. It contains an extensive food database providing nutritional info for your favourite products. One neat feature is, if a food is not in the database, you can use the PhotoFood service to send a photo of the item to My Net Diary and they will enter or update the food for you. The app will also send you a weekly analysis of your progress, including your water intake.



ISTOCK

Twitter

Beloved Internet cat



@colonel_meow • • • • •

passed away at the age of two years, three months. Do you have any special final thoughts for the ultimate furry feline?

@FMNsocial: Enjoy the Rainbow Bridge, dear @colonel_meow Your furry face will be missed!

@k_kosie RIP @k_kosie colonel_meow #neverforget furry paw of dictatorship. #scotch for all in his honour

@rebverb Hopefully he gets the military funeral he so deserves. #RIPColonelMeow



WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Synopsis

Based on Joyce Maynard's novel of the same name, the action in *Labor Day* begins when a wounded, escaped criminal (Josh Brolin) hides out in the home of two strangers, Adele, a depressed divorcee (Kate Winslet) and her 13-year-old son, Henry (Gattlin Griffith). What begins as a hostage situation slowly changes as the stranger's sensitive side is revealed and he becomes a surrogate father figure for Henry and companion for Adele.

• Richard: ●●●●●

• Steve: ●●●●●



Josh Brolin and Kate Winslet star in *Labor Day*, which opens this weekend. CONTRIBUTED

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



A tale of love and pies

Labor Day. Josh Brolin and Kate Winslet showcase an unexpected spark in this sweet Stockholm Syndrome story

Richard: Mark, it's been said that 90 per cent of the director's job is casting, and on that score Jason Reitman has knocked it out of the park. *Labor Day* is essentially a three-hander with Winslet, Brolin and Griffith responsible for the emotional weight of the movie. Griffith is convincing as a youngster abruptly placed in the position of son and surrogate spouse, but it is the leads that really carry the movie. Winslet is delicate and effective as the world-

weary Adele while Brolin hands in another of his manly man performances, tempered by a hidden sensitive side. I'm curious to hear what you thought.

MB: You bet it's the acting that makes this one work, Richard! There's genuine chemistry between Winslet and Brolin. Brolin is so good I could actually believe his escaped convict could be innocent — no small feat. But the movie, set in 1987, feels like it could have been made in 1987. It's so square compared with Reitman's other work, which I adore. Only someone who's never seen a movie before wouldn't be able to figure out where the story was headed. But you can admire the film's quiet, stately pace, even if the whole thing feels like it's ripped out of a Harlequin romance novel. Don't get me

started on the pie scene.

RC: I liked the pie scene. I don't want to give anything away for people who haven't seen the movie, but imagine the scene from *Ghost with pastry* instead of pottery and you'll get the idea. It's just wonky enough to spice up the story, and I thought Brolin pulled it off. Of all the leading men out there right now he's the only one I can think of to have the old school Lee Marvin grit to still look badass while folding pastry.

MB: Me, I just laughed, until I was shushed by a middle-aged woman in the back row ... I think the movie would have been more interesting if you weren't convinced from the start that Brolin was a good guy and if Winslet's romantic

despair weren't quite so acute. Luckily, Griffith provides a good foil for both of them and distracts the viewer from these issues. One thing I really liked about the movie is its shortened time frame: the entire story takes place over one weekend and it sharpens the plot and the tension.

RC: Even though the movie takes place over one long weekend it does take its time to develop the relationship between Adele and the mysterious stranger. Because Reitman takes his time unveiling the relationship, it's a bit more believable than the story might otherwise have been. You're left with the question, "Is it Stockholm Syndrome or true love?"

MB: True need, Richard, and that's close enough for me.

2 SCENE

London



www.londonlickious.ca

With over 40 restaurants including...

Waldo's On King
519-433-6161

Waltzing Weasel
519-663-9194

Windermere's Café
519-858-5866

Windjammer Inn
519-782-4173

Winks Eatery
519-936-5079

YOU COULD

WIN

DINNER FOR TWO



*No purchase necessary For full contest details and terms and conditions, visit clubmetro.com.

Comedy



That Awkward Moment

Director. Tom Gormican

Stars. Zac Efron, Michael B. Jordan

That Awkward Moment is aptly titled mainly because this film is full of them. Zac Efron is one of three libertine buddies transitioning from the sex-addled single life to monogamous devotion. The predictable premise presupposes its cleverness but these one-note characters simplify complex relationships to the banal. And the female characters are even more witless. Efron's supposedly astute love interest nonchalantly excuses his admitted assumption she was a prostitute because she keeps condoms. **STEVE GOW**

Drama



The Invisible Woman

Director. Ralph Fiennes

Stars. Felicity Jones, Ralph Fiennes

Felicity Jones is a revelation as Nelly Ternan, a 17-year-old seduced by Fiennes' middle aged and married Charles Dickens in 1857. Dickens forced her into the shadows and while little is known of the romance (they burned all letters) Fiennes has created a compelling, no nonsense portrait of a woman in pain. Ternan seems older than her years while the self-absorbed Dickens seems young for his. The film's tone is tasteful and restrained, verging on chilly. **ANNE BRODIE**

Banks is one sexy Lego

The Lego Movie.

Actress talks about being the voice of a figurine and working with Morgan Freeman



NED EHRBAR
Metro World News in Hollywood

Since Elizabeth Banks voices Wyldstyle, one of the mini-figure heroes of The Lego Movie, it makes sense to meet for an interview at L.A.'s Legoland amusement park. But it's still fairly surreal, as surroundings go.

Is this the weirdest junket experience you've ever had?

I'll tell you, this is the most exciting junket I've ever been on because Morgan Freeman's here. He's a genius. Everything he says is gold. I mean, I edit [myself] because I still want to get jobs. Whereas Morgan Freeman's like, "F--- it. I'm on the other side. They're going to



Banks plays Wyldstyle in The Lego Movie. CONTRIBUTED

hire me no matter what." And he's right. They should, because he's a genius.

The running joke about your character's name is everyone assumes she's a DJ or something. So if you were actually a DJ, what would be your DJ name?

Um... I'm definitely not a DJ. I'm actually terrible with all that stuff. But my DJ name would be... like, Solo Claudia Goldenschwartz. "Solo" because I'm a solo DJ. I do it on my own.

Your character, while being

a Lego figure, actually has curves.

Well, they're kind of drawn-on curves. Wonder Woman does, too. She's got, like, a sweet-heart neckline, too. She's got the impression of it, anyway.

Did the curves strike you as odd?

I didn't notice, actually. But it wouldn't bother me. I'm OK with it. I mean, if someone's like, "She's a really sexy Lego, is that weird?" That's on you, man. Who knows, you might be a boob man. Look, I'm here to blaze a trail, and if that's how I do it, so be it.

While this is an animated film, did you get to work much with your co-stars?

I was really lucky on this. I recorded probably four sessions with Chris Pratt and then two sessions with Chris and me and Will Arnett. The three of us together, that was a very fun time. It was a lot of wasted time making each other laugh with jokes that are completely inappropriate for a children's movie.

What sorts of jokes are we talking about?

Well, Batman has a real kinky side to him, let's just say that. Look at him. He's in basically an S&M outfit.

What's coming up next for you?

My life right now is all about Pitch Perfect 2. I produced the first movie, I'm producing [and directing] the second movie. It's all about getting that script ready to go into production, bringing the cast back together and getting it ready for a release in 2015.

ELLE
Karen Durbin

"A ROMANCE TO ROOT FOR."

Los Angeles Times
Betsy Sharkey

"RIGHT UP THERE WITH REITMAN'S BEST."

NEW YORK POST
Lou Lumenick

"WINSLET AND BROLIN HAVE WONDERFUL CHEMISTRY. This gem is part coming-of-age drama and part thriller, as well as being SWOONINGLY ROMANTIC."

Kate Winslet Josh Brolin

Labor Day

PG PARENTS STRONGLY CAUTIONED
MATURE THEME

LaborDayMovie.com

STARTS TODAY CHECK THEATRE DIRECTORY FOR LOCATIONS AND SHOWTIMES

BARENAKED LADIES
IN CONCERT
FEBRUARY 4

PLUS SPECIAL GUEST
LADIES OF THE CANYON

VISIT **clubmetro.com** TO ENTER

YOU COULD WIN

A PAIR OF TICKETS TO SEE THE **BARENAKED LADIES**

* No purchase necessary. For full contest details and terms and conditions, visit clubmetro.com.

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 31 TO THURS., FEB. 06. TIMES ARE SUBJECT TO CHANGE.

Hyland Cinema

240 Wharnclyffe Road South

Dallas Buyers Club (18A) Fri 4:35 Sat 9
Sun 6:50 Mon 4:50 Wed 6:50 Thu 4:40
The Invisible Woman (PG) Fri 6:50
Sat-Sun 4:40 Mon 12:30 Tue 12:30-9 Wed
12:30 Thu 6:55
Nebraska (PG) Fri 2:25-9 Sat 2:30-6:50
Sun 12:30-9:05 Mon 2:40-9:05 Tue 2:40-
6:50 Wed 4:40-9:05 Thu 12:30-9:05
Philomena (PG) Fri-Sat 12:30 Sun 2:40
Mon 7:05 Tue 4:50 Wed-Thu 2:40
RoboCop (STC) Fri 11:15

Rainbow Cinemas London

355 Wellington St.

12 Years a Slave (14A) Fri-Thu 12:45-3:40-
6:50-9:35
American Hustle (14A) Fri-Wed 9:20
August: Osage County (14A) Fri-Thu
1:10-7
Frozen (G) Fri-Wed 1-3:30-6:45 Thu
1-3:30
I, Frankenstein (PG) Fri-Thu 1:15-3:35-
7:10-9:25
Jack Ryan: Shadow Recruit (PG) Fri-Thu
3:45-9:45
Labor Day (PG) Fri-Thu 12:55-3:25-
6:55-9:30
Lone Survivor (14A) Fri-Thu 9:15
The Monuments Men (PG) Thu 7-9:30
The Nut Job (PG) Fri-Thu 1:05-3:20-7:05
That Awkward Moment (14A) Fri-Thu
1:20-3:50-7:15-9:40

Western Film

Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

All Is Lost (PG) Fri-Thu 7
Paranormal Activity: The Marked Ones
(14A) Fri-Thu 9:10
Pitch Perfect (PG) Fri-Sat 12



I, Frankenstein. CONTRIBUTED

Wellington 8 Cinemas

983 Wellington Rd. S.

I, Frankenstein (PG) Sat-Sun 3:15
I, Frankenstein 3D (PG) Fri 7:15-9:45 Sat-
Sun 12:45-7:15-9:45 Mon-Thu 7:15-9:45
Jack Ryan: Shadow Recruit (PG) Fri-Wed
9:10
Labor Day (PG) Fri 7-9:40 Sat-Sun 1-3:40-
7-9:40 Mon-Wed 7-9:40 Thu 6:40-9:35
Lone Survivor (14A) Fri 6:40-9:35 Sat-Sun
12:50-3:45-6:40-9:35 Mon-Wed 6:40-9:35
Thu 9:10
The Monuments Men (PG) Thu 7-9:40
The Nut Job (PG) Sat-Sun 3:30

The Nut Job 3D (PG) Fri 6:45 Sat-Sun
1:10-6:45 Mon-Thu 6:45
Philomena (PG) Fri 6:30-9:25 Sat-Sun
12:40-3:20-6:30-9:25 Mon-Thu 6:30-9:25
Ride Along (14A) Fri 6:50-9:20 Sat-Sun
1:15-3:50-6:50-9:20 Mon-Thu 6:50-9:20
That Awkward Moment (14A) Fri 7:10-
9:30 Sat-Sun 1:20-4-7:10-9:30 Mon-Thu
7:10-9:30
The Wolf of Wall Street (18A) Fri 8 Sat-
Sun 12:30-4:10-8 Mon-Thu 8
Cineplex Odeon Westmount
& VIP Cinemas
755 Wonderland Road South
American Hustle (14A) Fri 4:15-7-9:20

Sat-Sun 1:20-4:10-7-9:20 Mon 8:30 Tue
4:15-7-9:20 Wed-Thu 8:30
August: Osage County (14A) Fri 4:10-7-
9:50 Sat-Sun 1:20-4:10-7-9:50 Mon 6:30-
9:20 Tue 4:10-7-9:50 Wed 1:15-6:30-9:20
Thu 6:30-9:20 Fri 3:45-6:30-10:10 Sat-Sun
12:55-3:40-6:30-10:10 Mon 7:30 Tue 3:45-
6:30-10:10 Wed-Thu 7:30
Bolshoi Ballet: Lost Illusions (STC) Sun
12:55
Devil's Due (14A) Fri-Sun 9:40 Mon 9:35
Tue 9:40 Wed-Thu 9:35
Frozen (G) Sat-Sun 1:10 Star & Strollers
Screening Wed 1
Frozen 3D (G) Fri-Sun 4-6:50 Mon 6:50
Tue 4-6:50 Wed-Thu 6:50
I, Frankenstein 3D (PG) Fri 5:30-8-10:25
Sat 12:45-3:05-5:30-8-10:25 Sun 12:45-
3:05-5:30-8-10:20 Mon 7:30-9:50 Tue
5:30-8-10:25 Wed-Thu 7:30-9:50
Jack Ryan: Shadow Recruit (PG) Fri
5:05-7:40-10:15 Sat-Sun 2:15-5:05-7:40-
10:15 Mon 7:20-9:50 Tue 5:05-7:40-10:15
Wed-Thu 7:20-9:50 Star & Strollers
Screening Wed 1
Labor Day (PG) No Passes Fri 4:40-7:20-
10:05 No Passes Sat-Sun 2-4:40-7:20-10:05
No Passes Mon 7-9:40 No Passes Tue 4:40-
7:20-10:05 No Passes Wed 1:20-7-9:40 No
Passes Thu 7-9:40
Lone Survivor (14A) Fri 4:30-7:30-10:20
Sat 1:30-4:30-7:30-10:20 Sun 4:30-7:30-
10:20 Mon 6:40-9:30 Tue 4:30-7:30-10:20
Wed-Thu 6:40-9:30
The Nut Job (PG) Sat-Sun 12:30
The Nut Job 3D (PG) Fri 4:55-7:10-
9:30 Sat-Sun 2:40-4:55-7:10-9:30 Mon
7:10-9:25 Tue 4:55-7:10-9:30 Wed-Thu
7:10-9:25
That Awkward Moment (14A) Fri 4:40-
7:30-9:50 Sat-Sun 1:50-4:40-7:30-9:50
Mon 8 Tue 4:40-7:30-9:50 Wed-Thu 8
The Wolf of Wall Street (18A) Fri 4:20-

8:10 Sat-Sun 12:35-4:20-8:10 Mon 7:45
Tue 4:20-8:10 Wed-Thu 7:45

SilverCity London

1680 Richmond St

Akira (14A) Fri 2 Thu 7:15
American Hustle (14A) Fri-Sat 1-4:15-
7:30-10:45 Sun-Tue 1-4:05-7:25-10:15
Wed 12:55-4:05-7:25-10:15 Thu 1-4:05-
7:25-10:15
Anchorman 2: The Legend Continues
(PG) Fri-Sat 10:45 Sun-Thu 10:35
The Avengers (PG) Sat 6:50
Batman (STC) Sat 9:35 Wed 1
Battlestar Galactica (STC) Sun 12:30
Bill & Ted's Excellent Adventure (PG) Fri
7:15 Mon 5:30 Tue 2
Brazil (14A) Mon 12 Wed 9:50
The Dark Knight (14A) Sat 11:55 Wed
3:35
The Fisher King (STC) Mon 2:45 Tue 4
Wed 7
Flash Gordon (STC) Sun 7:30
Frozen (G) Fri 1:10 Sat 12 Sun-Thu 12:45
Frozen 3D (G) Fri 3:35-6 Sat 2:55-5:20
Sun-Thu 3:20-5:45
Frozen Sing-Along (STC) Fri 12:55-3:30
Sat 11-11:30-1:40-4:25 Sun 12-12:30-2:15-
4:35 Mon-Tue 1-3:30 Wed 12:30-3:30
Thu 1-3:30
Ghost in the Shell (STC) Fri 4:40 Thu 9:50
Gravity: An IMAX 3D Experience (PG)
Fri 1:30-3:40-5:50-8-10:10 Sat 11:30-1:30-
3:40-5:50-8-10:10 Sun-Tue 1:30-3:40-5:50-
8-10-10:10 Wed 1:30-3:45-5:50-8-10-10:10
Thu 1:30-3:40-5:50-8-10-10:10
Her (14A) Fri-Sat 10:50 Sun-Wed 10:25
The Hobbit: The Desolation of Smaug 3D
(PG) Fri-Sat 12:45-4:05-7:30 Sun-Wed
12:15-3:40-7:05 Thu 12:15-3:35-7:05
The Hunger Games: Catching Fire (PG)
Fri-Sat 7-10:15 Sun 7-10:05 Mon-Thu
6:55-10:05

I, Frankenstein 3D (PG) Fri-Sat 1-3:20-
5:40-8-10:20 Sun 2:50-5:40-8-10:20
Mon-Wed 1:50-4:40-8-10:20 Thu 1:50-
4:40-6:55-10:20
Iron Man (PG) Sat 4:15
Jack Ryan: Shadow Recruit (PG) Fri
1:30-3:50-6:10-8:30-10:50 Sat 2:05-4:25-
7:45-10:05 Sun 1:25-3:50-7:25-10 Mon
1:25-3:50-7:20-10 Tue 1:25-3:50-7:35-10
Wed 4-7:35-10 Thu 1:25-3:50-7:35-10 Star
& Strollers Screening Wed 1
The Land Before Time (PG) Sat 11
The LEGO Movie 3D (G) Thu 9
Lock, Stock and Two Smoking Barrels (R)
Mon 7:30 Thu 2:45
Logan's Run (14A) Sun 10:30
Lone Survivor (14A) Fri 1:45-4:25-7:05-
9:45 Sat 11:05-1:45-4:25-7:05-9:45 Sun
1:45-4:25-7:20-10 Mon 1:45-4:25-9:55-10
1:45-4:25-7:15-9:55 Wed 1:45-4:25-7:20-
10 Thu 1:45-4:25
Monty Python and the Holy Grail (14A)
Fri 11:55 Tue 12 Thu 5:15
The Monuments Men (PG) Thu 7-10
On Her Majesty's Secret Service (PG)
Tue 7
Planet of the Apes (STC) Fri 9:20 Sun 5:10
Ride Along (14A) Fri 1:50-4:15-7-8:20-
10:30 Sat 11:15-1:50-4:15-7-8:05-10:30
Sun 1:55-4:20-7:15-8:05-10:30 Mon-Thu
1:55-4:15-7:10-8:05-10:30
Snatch (14A) Mon 9:45 Thu 12:30
Spider-Man (PG) Sat 1:45
Superman (G) Sat 11
That Awkward Moment (14A) Fri-Tue
1:15-3:35-5:55-8:15-10:35 Wed 3:35-5:55-
8:15-10:35 Thu 1:15-3:35-5:55-8:15-10:35
Star & Strollers Screening Wed 1
Thunderball (PG) Tue 9:50
Tron (STC) Sun 3
The Wolf of Wall Street (18A) Fri-Sat
12:45-4-7:15-9:25 Sun-Wed 12:35-3:50-
6:55-9:25 Thu 12:35-3:50-7-9:25

Bookish Balaban gets a gun

The Monuments Men.

Bob Balaban sheds his wallflower persona in war film about taking back art from the Nazis



NED
EHRBAR

Metro World News in Hollywood

One of the first things Bob Balaban's Broadway impresario says when tapped to join the Monuments Men — tasked to recover stolen art from the Nazis in the twilight of the Second World War — is, "Would I get to kill anyone? I'd really like to kill somebody." It's an unexpected edge coming from Balaban, an actor better known for his bookishness. But every actor likes a challenge, he insists.

How did you feel about your character being presented as a somewhat tough guy? Is that new for you?

You know, I never really thought about that part too much. I mostly thought, oh my God, I'm going to have to have a gun. What do I do? So I spent a large amount



Bill Murray and Bob Balaban star in The Monuments Men, which opens next Friday. CONTRIBUTED

of time training to use my weapon — which I only use for 13 seconds in the beginning of the movie. We actors always like to do things we're not familiar with.

Have you actually carried a gun in a film before?

I was fired the last time I drew a gun in a movie. (laughs) I was in a Woody Allen movie where I had a gun. We shot my scene

900 times, and Woody kept saying, "You don't look very dangerous." I went to a screening of the movie and I said to my wife, "See that little house over there? I'm going to come walking out." And the door opened and Wally Shawn came out. I got fired and I didn't even know I was fired.

So Wallace Shawn is more threatening than you

with a gun?

Wally was better than I was. When I saw him do it I thought, no wonder! That's what Woody was talking about.

I mean, don't take this the wrong way, but you're kind of the personification of NPR.

That's funny. It's not a bad thing at all, and I deeply appreciate it. I probably don't really deserve you to think that, in substance anyway, but I do believe in surface and texture it goes well. It's right in my casting wheelhouse. I don't get many cowboys.

So, it's Oscar season, and this film was originally supposed to be in contention. How do you feel about the delay?

I think it's a good thing to be delayed, because there's so many good big, small and middle-size movies this December. I think when this movie comes out in February there will be a lot more people able to focus on it, be aware of it and go to it than there would've been in December, which was so overcrowded.

ZAC EFRON MILES TELLER MICHAEL B. JORDAN

THAT AWKWARD MOMENT

WHEN YOU REALIZE GETTING SOME MEANS WANTING MORE

QED

JustGetHorizontal.com

f /VVFSFILMS #AwkwardMomentMovie

VVS

14+ COARSE LANGUAGE CRUDE CONTENT SEXUAL CONTENT

STARTS TODAY!

CHECK THEATRE DIRECTORY FOR LOCATIONS AND SHOWTIMES

McSweeney's stays young at heart

The quirky indie publisher's children's imprint is dedicated to the growing families of the close-knit staff. Brian McMullen, the imprint's editorial and art director — as well as a father of two — discusses some of his favorite books.

DOROTHY ROBINSON

Metro World News in New York City

A funny thing happened to the publishing company McSweeney's — children began to appear.

Just as its fan base started to think about procreating, so did the tight-knit staff, which publishes the quarterly literary journal Timothy McSweeney's Quarterly Concern, the monthly magazine The Believer, an assortment of book imprints and other upscale, stylized publications.

"We're a small staff, and a lot of us were in our early 20s when we started working at McSweeney's," recounts Brian McMullen, who joined the operation in 2002 as an intern.

"McSweeney's has always been eclectic; it's always been open to publishing any kind of book irrespective of genre. The only real qualifying thing (to have us publish it) is that it's interesting to us as editors and as readers."

And what slowly became interesting to the full-time staff of nine were children's books. "We found ourselves saturated in children's literature more than we used to be," McMullen remembers.

Since its launch, McSweeney's would publish

Quoted

"We found ourselves saturated in children's literature more than we used to be."

Brian McMullen, on the McSweeney's staff's growing interest in children's books

the occasional children's book, but once they saw the commercial and artistic appeal of the genre, they decided to devote an imprint solely to publishing creative, interesting kids' books.

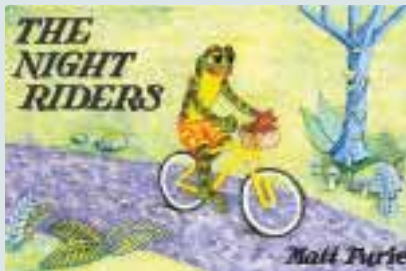
And so, under the guidance of McMullen, the McSweeney's McMullens children's imprint was born. The first book came out in the summer of 2011 and as of February of this year, the imprint will have 12 picture books and three novels to its name.

As the staff also discovered, children's books fit very well with the McSweeney's brand. "There's so much potential with a picture book," says McMullen, who notes he has an invaluable, in-house marketing focus group for his books — his two sons, ages three and five.

"I've always been an editor and a designer, so I've always loved working with the push and the pull of the editorial and the art and design side of the book; I love being able to see the whole thing at once, thinking about the shape and the size and how the story should go and what the art should be all about," he says.

The Night Riders by Matt Furie

"This is a wonderful, wordless picture book. Furie took an entire year to draw it by hand with coloured pencil. I think half the customers of that book are people who bought it as a coffee-table book because they love the art so much. They're treating it almost like a monograph. There's a lot of slippage sometimes between what's an art book and what's a book for kids. I think a lot of the books we're producing get classified as both."



Brian McMullen, the editorial and art director of McSweeney's McMullens children's book imprint, puts on his pouty face.

KATIE MCMULLEN

Crabtree by Jon and Tucker Nichols



"This is probably our best-reviewed and best-distributed book yet. Tucker Nichols is a gallery artist in San Francisco; he worked with his brother Jon on this, their first kids' book together. Tucker uses his style that he uses for all of his artwork, which usually hangs in galleries, on this book for kids. It's very funny, witty and so re-readable. It's just a beautiful book all about a guy who is an intensive collector and he has to go through all of his belongings and try to find his missing false teeth. At a glance, sometimes our books get misconstrued as being primarily art books, and it can be enjoyed on that level, but our first goal is to please the children in our lives and be able to hand them something that we're proud to sit down and read with them or give to somebody who can sit down and read with their child."



Hang Glider and Mud Mask by Jason Jägel and Brian McMullen

"This is a book I wrote with art by Jason Jägel. It's a book constructed in a Z shape; it has two spines. It's essentially a book you can start reading from either end and has a looping narrative. You can start from one end and get one character's side of the story or you can start from the other side of the book and get the other character's side of the story. The characters meet in the physical middle of the book; it's a very sweet narrative and you can keep reading it in a continuous loop with your child until they get tired of reading it. We try to be very playful with our formats. With picture books, you can be so inventive and playful. It's a fantastic art form, and I think we're only going to see more and more of an appreciation of it as the years go by."

Details

You can find McSweeney's McMullens children's books at store.mcsweeneys.net.

Health Zone

Nurse Practitioner Led Clinic

Your Clinic. Your Health. Your Choice

Allan Rush Gardens
6 Barbary Court, London
226-785-1929

Southdale
1057 Southdale Rd East,
London | 226-785-1923

Merrymount
1064 Colborne St., London
226-777-1988

Easy Access To Quality Health Care



AS SEEN ON YOUTUBE:
Jeremy presents

MAGIC MALE REVUE

Monday Feb. 17th

at the Beef Baron 624 York st. London
(519) 672-3430

Don't wait in line,
**BUY YOUR TICKETS
IN ADVANCE!**

Doors open at 9pm. \$20 advance tickets

Get your tickets online at www.wantickets.com/beefbaron
Tickets are also available at Beef Baron
www.niagaramalestripper.com



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Sienna says she only blames herself for bad press

Sienna Miller's rise to fame got a bit muddled when she became a tabloid sensation thanks to affairs with Daniel Craig and Balthazar Getty, forcing her to take a step back from the spotlight.

But the British actress

insists there's no one to blame but herself. "I sabotaged things. I burnt a lot of bridges," she tells Esquire magazine. "What was going on in my private life was not an easy thing to read about."

"People don't want to see films with people they don't approve of in them. I felt like I had no control over any aspect of my life, professionally or personally, so I deliberately disappeared. I was sick of myself, to be honest, or sick of that perception of me."



Beyoncé

Queen B+? University offers course on Beyoncé

Beyoncé is one of the world's most scrutinized pop stars, and now that study is moving to academia. The Department of Women's and Gender Studies at Rutgers University is offering a course called Politicizing Beyoncé.

Kevin Allred, a doctoral student who is teaching the class, tells the university's on-

line news site that he is using Beyoncé's career as a way to explore American race, gender and sexual politics. The class supplements an analysis of Beyoncé's videos and lyrics with readings from black feminists. Allred says he's seeking to help students think more critically about media consumption.

THE ASSOCIATED PRESS



Anna Wintour ALL PHOTOS GETTY IMAGES

Anna thinks SJP is a perfect fit

Anna Wintour has apparently been dropping hints that she has big plans at Vogue for pal Sarah Jessica Parker, and some of her underlings are getting nervous.

"Sarah has been consulted on a stunning array of Vogue's big moves over the last several months. She has totally entered the inner circle," a source tells Radar Online. "It's a surprising idea, but one that is not entirely a joke. Anna thinks Sarah, a fashion icon on Sex and the City, truly has what it takes to step into her shoes and take on a role at Vogue one day."

Parker, for her part, is apparently not wasting any time. "Sarah is playing this like she is serious and she wants it. She is doing her homework and learning the business like never before," the source adds.

"It's the fashion equivalent of running for president or getting nominated to the Supreme Court, and Sarah is treating it that way."

Even stars get the booty blues

It turns out everyone is hyper-critical of their own body, even Rihanna, so don't feel too bad. "I do pick on my body," the Stay singer tells E! News. "It's a thing that women do. We walk in front of the mirror and we look at our butt. Is it getting bigger today? Ew. It's still flat."



Rihanna

THE GREAT DIGITAL FILM FESTIVAL™

JANUARY 31 - FEBRUARY 6
ONE WEEK ONLY



ANCASTER CALGARY EDMONTON HALIFAX KINGSTON LANGLEY LONDON
MISSISSAUGA MONTREAL OTTAWA REGINA SASKATOON ST. JOHN'S SUDBURY
TORONTO VANCOUVER VICTORIA WATERLOO WINDSOR WINNIPEG

ALL TICKETS \$6 OR LESS



SILVERCITY™

LONDON

Visit Cineplex.com/DigitalFilmFest
for full details

CINEPLEX

space

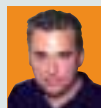
metro

FRONT ROW
CENTRE
EVENTS

™/© Cineplex Entertainment LP or used under license.

Liquid Assets

Wet side of Kiwi culture



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

While The Lord of the Rings trilogy got the ball rolling, Lorde's wins at the Grammys last weekend has solidified New Zealand's position as the coolest place on Earth.

Kiwi culture extends way beyond movies and music. Its wines are considered some of the New World's finest productions. The first to twist screw caps onto premium juice, they've taken Sauvignon Blanc and Pinot Noir to places other countries can't even buy a ticket.

I love that about New Zealand wines. They know what they do best and, while they're never inexpensive, they deliver.

You might not be thinking about drinking white wine at this time of year. After all, nothing warms the soul on a cold Canadian winter's night like a nice, meaty red. I say worry less about the weather and more about what you've got in your glass.

And though I respect Lorde, Kim Crawford's 2013 Sauvignon Blanc (\$19.95 - \$22.99), with its sexy, citrus-infused star power, is way more Beyoncé.

Try it with fresh shellfish and vegetable-based dishes. **PRICES**

REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



Go to NJ for football and Cincinnati for the chili

Super Bowl snack.

The teams are from Seattle and Denver. The arena is in New Jersey and used by New York teams. So, continue the American geography lesson with Cincinnati Chili

Everyone has a go-to chili recipe — but this is chili with a twist. Cincinnati chili is a tradition in parts

Ingredients

- 1 kg (2 lb) lean ground beef
- 1 large onion, chopped
- 2 cloves garlic, chopped
- 30 ml (2 tbsp) olive oil
- 45 ml (3 tbsp) chili powder
- 5 ml (1 tsp) ground cinnamon
- 5 ml (1 tsp) ground cumin
- 2.5 ml (1/2 tsp) allspice
- 2.5 ml (1/2 tsp) hot pepper flakes (or to taste)
- 1 pinch ground cloves
- 30 ml (2 tbsp) white wine vinegar
- 15 ml (1 tbsp) Worcestershire sauce
- 750 ml (3 cups) water
- 1 can (398 ml/14 oz) tomato sauce
- 2 cans (156 ml/5.5 oz each) tomato paste
- 2 bay leaves
- 2 cloves
- Salt and pepper
- Garnishes**
- Canned red kidney beans, rinsed and drained
- Green onions, chopped
- Orange cheddar, grated



PREP TIME
15 MINUTES

This recipe serves six to eight. COURTESY RICARDOCUISINE.COM

of Ohio, with various recipes calling for the addition of allspice, cinnamon and cloves combined with more traditional ingredients like chili powder.

It is usually served atop pasta with grated cheese and garnished with kidney beans.

This Cincinnati chili recipe from award-winning Canadian chef Ricardo is perfect for anyone looking for a new chili experience.

1. In a Dutch oven over medium-high heat, brown the meat, onion and garlic in the oil, breaking up the meat with a wooden spoon. Season with salt. Add the spices and cook for 3 minutes more.

2. Deglaze with the vinegar and Worcestershire sauce. Add the water, tomato sauce, tomato paste, bay leaves and cloves. Bring to a boil, reduce the heat and

simmer gently for about 2 hours, stirring frequently. Remove the bay leaves. Adjust the seasoning.

3. For an authentic presentation, serve on al dente spaghetti. Garnish with kidney beans, green onions and cheddar. For something more casual, like a Super Bowl snack, serve in bowls with garlic bread.

COURTESY RICARDOCUISINE.COM

Nemat's
RESTURANT

EAT-IN • TAKE-OUT • CATERING

1225 Wonderland Road North
Sherwood Forest Mall
(next to Goodlife Fitness)



519.204.0424

Authentic Pakistani & Indian Food



Appetizers



Soups/Salads



Specialties



Sandwiches/Wraps

SAMOSAS
3 FOR \$2

Expires: 02/8/2014

We make 50+ different kinds of SAMOSAS

Mon-Fri. 10am-8pm | Sat 11am-6pm | Closed Sundays

WOW!

Tandori chicken wrap \$3.99
www.nemats.com

Participants needed for a Blood Pressure study!



Join a clinical research trial to evaluate the effectiveness of an investigational dietary supplement for mild and moderate hypertension.

Call now to see if you qualify!

Contact KGK Synergize Clinic:
519-858-8359
clinic@kgksynergize.com
www.kgkclinic.com

Participants are compensated up to \$250.00

KGK synergize

Talk that Super Bowl talk like an expert

Football. Everything you need to sound like you know what you're talking about



TERESA KRUIZE
life@metronews.ca

Super Bowl XLVIII will be a day of many firsts. It's the first Super Bowl held in the Northeast, the first hosted by two NFL franchises (Giants and Jets), and the first hosted by two states (New York and New Jersey).

How so? While the Giants and Jets are both New York teams, the stadium they play is across state lines in New Jersey. The Super Bowl has become much more than just a game, with festivities taking place all week in both the Big Apple and the Garden State.

C-c-c-cold

Sunday's game will be the first outdoor, cold weather Super Bowl in history and everyone is whining, er... talking about it. WIMPS. Canadian football fans have been braving games in bone-numbing temperatures for years. Super Bowl organizers are giving each ticket holder a swag bag seat cushion filled with hand warmers, ear muffs, gloves, tissues, a toque, lip balm and a radio to make the 82,500 frozen fans feel a little less frozen.

More than 100 million people are expected to watch the Seahawks take on the Broncos on Sunday. Will you be one of them? Here's all you need to know to enjoy the Super Bowl, and a few inside hints to make you look like an expert.



Who will you be cheering for during the big game? ISTOCK

O Canada

The Canadian connections

Three Canadians will take part in the big game.

Broncos' offensive tackle Orlando Franklin, though not born in Canada, moved to Scarborough, Ont. when he was three. Seahawks rookie Luke Willson of LaSalle, Ont., was drafted by the Toronto Blue Jays but chose football over baseball. Seattle punter Jon Ryan will be the first Saskatchewan native to play in the Super Bowl. He made the jump from CFL to NFL in 2006.

There will also be a Canadian sitting in the owner's suite. Broncos owner Pat Bowlen was raised in Alberta and retains his citizenship. **TERESA KRUIZE**

Who is playing?

The Broncos are two-time Super Bowl champions and are coming off a record-setting year. Quarterback Peyton Manning led Denver to set new marks for points scored (606) and touch-down passes (55). The Seahawks have never won the Super Bowl, but come into the game with an equally impressive defense. On Sunday, it'll be the number one offense in the league against the number one defense. This hasn't happened since 1991. **TERESA KRUIZE**

Seattle Seahawks (NFC champs)

Denver Broncos (AFC champs)



Russell Wilson

Wilson's 25 and in his second year of playing for Seattle. He's been described as having a cannon arm, Houdini-like escape skills and is deadly outside the pocket. Some say he lacks experience and seasoning, but he has two big things going for him: the Seahawks' defense and former CFL great and NFL Pro Football Hall of Famer Warren Moon as a mentor.



Peyton Manning

Peyton Manning, 37, has scorched the record books, and will likely go down as one of the best quarterbacks of all time. He has one Super Bowl ring. His critics predict he'll choke and freeze up on Sunday. After destroying the Tennessee Titans on a freezing December day, Manning said to his critics: "Whoever wrote that narrative can shove it where the sun don't shine."

Entertainment

An opera singer and a Grammy winner

Renée Fleming will be the first-ever opera singer to perform The Star Spangled Banner at a Super Bowl, so the song's high notes shouldn't be a problem. Nerves shouldn't be either, as she also performed at the 2009 U.S. Inauguration and sang David Letterman's Top Ten one night.

Grammy winner Bruno Mars is set to rock MetLife Stadium and the frozen fans on Sunday during the halftime show. They also invited the Red Hot Chili Peppers, but Flea and the boys like to perform bare-chested. A parka and long underwear might be a good idea for this gig. **TERESA KRUIZE**



Bruno Mars GETTY

Drinks. Football Cocktails from The Carbon Bar



Bartender Brendan Piuino has created two Super-Bowl-inspired cocktails for you to serve at halftime. ANDREW JOHN VIRTUE DOBSON



ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
@dobbernation

to impress your guests.

Seattle Seahawk-Inspired Pike Place Manhattan

- 2 oz Pike Creek Canadian Whisky
- *1 oz coffee-infused Martini Rosso
- Generous dashes of Angostura bitters

*Add a teaspoon of fresh ground coffee to 6 oz. Martini Rosso, stir and strain. Garnish with a cherry and light sprinkle of fine ground coffee Shake or stir ingredients over ice. Enjoy up or on the rocks.

Denver Bronco-Inspired Moscow Bronco

- 2 oz Absolut Elyx
- 1 oz lime juice

Top with ginger beer. Add press sliced chili for a spicy Bronco kick. Garnish with sprig of fresh coriander. Serve in a rocks glass full of ice.

With the Super Bowl quickly approaching we tasked Brendan Piuino, bartender at the recently launched The Carbon Bar in Toronto, to create two unique cocktails inspired by the Seattle Seahawks and Denver Broncos.

Paying homage to Seattle's Pike Place Market, Piuino tips his hat to the birthplace of Starbucks with a coffee-inspired take on a Manhattan. For Denver, Piuino says he created The Moscow Bronco as "a fun take on the Moscow mule, adding a spicy kick by muddling fresh sliced chili into the glass."

Both beverages offer a subtle zing and a perfect opportunity

Cool facts

Did you know....

- **MetLife Stadium.** The stadium will have 1,600 volunteers armed with shovels and ready to go if it snows before kick off.

- **Today.** Advertisers are paying up to 4.5 million dollars to run their commercials during the game.
- **Back then.** A 30-second commercial cost \$40,000 during the first Super Bowl in 1967.

- **Colours.** The Broncos will be sporting their orange home jerseys and the Seahawks will wear their road whites. Teams that wear white jerseys have won eight of the last nine Super Bowls.

Trying to win the big one for the little guys

Super Bowl. Standing 5-11, Seattle QB has chance to slay NFL giant Manning on Sunday

The captain was a few minutes late, though no one seemed to mind.

Russell Wilson is usually worth the wait, and no more than on this day, his final one speaking about the game before he actually plays The Game.

Peyton Manning is supposed to be the star of this Super Bowl, but a minor-league second baseman who refused to listen to those who said he was too small to play quarterback in the NFL may have something to say about that. Proving people wrong is almost as fun for Wilson as winning football games, and he's done both with great regularity since being drafted with the 75th overall pick two years ago by the Seattle Seahawks.

"For all the kids that have been told, no, that they can't do it, or all the kids that will be told no," Wilson said. "That's one of the reasons that I left playing baseball, to be honest with you. I had this urge to play the game of football, because so many people — I shouldn't say so many, a handful of people — said I couldn't do it."

Wilson has the chance to join an elite group of QBs (Tom Brady, Kurt Warner and Ben Roethlisberger) who have won a Super Bowl in their second year. A great believer in visualization, he already sees himself on the field at the Meadowlands, Wilson is already trying to figure out how to feel when the national anthem is sung and the stadium erupts in flashes for the kickoff.

"Then it will be, OK, I'm ready to go," Wilson said.

If he is, there may be more than one quarterback star in this Super Bowl.

THE ASSOCIATED PRESS



Seattle's Russell Wilson is trying to become the fourth quarterback to win the Super Bowl in his second year. OTTO GREULE JR./GETTY IMAGES

NHL. Brodeur 'open to anything' if it means more ice time



Martin Brodeur during Sunday's game against the Rangers at Yankee Stadium. BRUCE BENNETT/GETTY IMAGES

Martin Brodeur is synonymous with the New Jersey Devils and has been their No. 1 goalie since 1993.

That has come to an end, since Cory Schneider has the starter's role now. And just as the Devils looked to the future in acquiring Schneider last summer, Brodeur is looking to his own future.

It appears he wants to keep playing, and not as a backup.

He told NorthJersey.com he's willing to waive his no-trade clause.

"I'm open to anything," Brodeur said. "I just want to play. So ... if there's a better situation for me, I'll take it. If it's here or somewhere else, it doesn't matter."

Brodeur is 41 years of age and earns \$5 million US this season. He is an unrestricted free agent this summer.

TORSTAR NEWS SERVICE

CFL

Collaros in, Burris out in Hamilton

Zach Collaros wasn't a free agent for long.

The 25-year-old quarterback signed with the Hamilton Tiger-Cats on Tuesday, a day after being released by the Toronto Argonauts. Collaros' deal is through the 2016 season.

The signing of Collaros ends veteran Henry Burris's time in Hamilton as he was released Thursday.

Burris guided Hamilton to a Grey Cup berth last season and was slated to become a free agent next month. THE CANADIAN PRESS

Johan Franzen

Mule's Sochi chances put out to pasture

Johan Franzen won't play for Sweden at the Sochi Olympics because of a concussion.

The Detroit Red Wings forward had missed a month before returning for one game on Sunday. Franzen played just under 17 minutes and was placed on injured reserve again Tuesday.

THE ASSOCIATED PRESS



Johan Franzen GETTY IMAGES

OVERTIME

with Micheal Ray Richardson

Get the inside track on the London Lightning as Metro's Dave Langford chats with coach and former NBA star Micheal Ray, every Wednesday at metronews.ca

metro
metronews.ca



Marshawn Lynch of the Seattle Seahawks carries the ball against the San Francisco 49ers during the NFC Championship on Jan. 19 in Seattle. Despite doing his best to avoid the media, the running back will have the spotlight fixed on him come Sunday. JONATHAN FERREY/GETTY IMAGES

Seahawks RB's game 'speaks for itself': Sherman

Silent mode. Lynch is ready for game day and, unlike his teammate, is done talking

Marshawn Lynch said Thursday it will be good to get back to football after the quiet Seattle running back wrapped up his final mandatory media session of Super Bowl week.

Lynch took questions for about seven and a half minutes during the morning session, his longest such stretch this week. He talked for less than seven minutes at both media day on Tuesday and the media session at the team hotel on Wednesday. "It's going to be good to get back to football," Lynch said. "Real good."

Lynch limited his answers to football-related questions, all with Seahawks fullback Michael Robinson by his side. Robinson joked as he sat down that he was just a prop.

Lynch's aversion to speak-

ing with the media had become a major focal point as the Seahawks started their preparations for Sunday's game against Denver. While Seattle was getting attention last week for the comments made by Richard Sherman during the NFC championship game, this week it was about Lynch's reluctance to open his mouth.

"I think he shouldn't have to do everything that he doesn't feel comfortable with," Sherman said. "But myself, I'm fine with it. I enjoy it. I enjoy getting the message out that I want to get out, and I enjoy supporting my teammates. The great Marshawn Lynch, I think his game speaks for itself. It says enough for everybody to talk about for weeks and weeks."

Even with only talking for a few minutes, Lynch managed to make an attention grabbing statement. Asked what he thought about assistant head coach Tom Cable when he arrived in 2011, Lynch made reference to a reported incident with an assistant coach when Cable was Oakland's head coach in 2009.

"Well, being from Oakland, all I knew about him was that he punched people," Lynch said. "That's my type of person."

It was unclear if he was being serious with his comment.

THE ASSOCIATED PRESS

Notes from the Super Bowl

- **Positive concussion trends.** The NFL says the number of concussions in practices and games in the preseason and regular season dropped 13 per cent from 2012 to 2013. Using information collected from team doctors, the league also says there was a 23 per cent decrease over the past two seasons in the number of concussions caused by helmet-to-helmet

contact. Speaking at a pre-Super Bowl news conference Thursday, Jeff Miller, the league's senior VP of health and safety policy, calls the data "positive trends."

- **Primate picks the winner.** A Utah ape that has correctly picked the Super Bowl winner for six straight years is predicting the Seattle Seahawks will be the next

NFL champion. Erica Hansen of Hogle Zoo in Salt Lake City says Eli the ape ran into an enclosure Thursday and swiftly knocked down a papier-mâché helmet bearing the Seahawks logo, signalling his pick. The 13-year-old primate hasn't been wrong since 2006.

- **UFC chokes out the party.** When the UFC piggybacked

on Super Bowl weekend, the usual promotion for Saturday's pay-per-view event went out the window — and landed on the NFL's media day. And, well, just about any hot spot this week where NFL or major media outlets were camped out, so was the Ultimate Fighting Championship. The UFC will hold its Super Bowl weekend show, UFC 169, in Newark, N.J.

LCBO SUPER BOWL HEADQUARTERS!

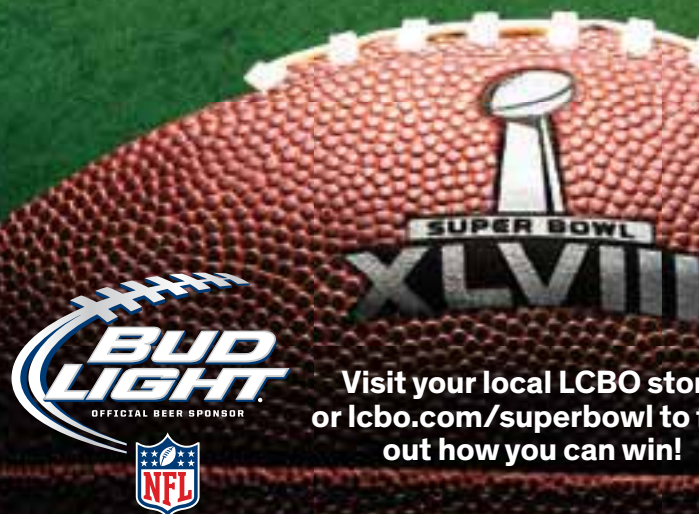
★ WIN AN NFL PRIZE PACK ★

50" TV

BUD LIGHT SPEAKER TOWER

BUD LIGHT NFL JACKET

VALUE: \$1500



Visit your local LCBO store
or lcbo.com/superbowl to find
out how you can win!



PLEASE DRINK RESPONSIBLY

No Purchase Necessary. To enter, text "NFLPRIZEPACK" to 242424. Must be 19 years of age or older and a resident of Ontario to enter. One entry per person. Complete contest rules available online at BudLight.ca. Must correctly answer a skill testing question. The value of the prize is approximately \$1500.00 CAD. The odds of winning depend on the number of entries received. Contest runs January 26, 2014 until February 1, 2014.

18747

Beast season

"I'm not sure, man. It's not like I prepare any different. I couldn't tell you."

Seahawks running back Marshawn Lynch on his stellar post-season play



Broncos defensive end Jeremy Mincey takes down Patriots quarterback Tom Brady during the AFC championship game on Jan. 19 in Denver. JAMIE SQUIRE/GETTY IMAGES

Mom, I made it: Vets finally in Super Bowl

Realizing their dreams. It took a number of players many years to make it to the big game, but they're glad they did

They are former kids who played in their backyards and dreamed of scoring the winning touchdown, making the big play on defence and somehow sharing in the spotlight of helping a team win the Super Bowl.

Not all dreamers get to the NFL, and certainly, many who get to football's highest level don't get the chance to play in the Super Bowl.

There are at least a dozen who will be participating for the Denver Broncos and Seattle Seahawks in Sunday's Super Bowl who toiled for at least eight years in the NFL before getting a chance to play for the

Quoted

"I wouldn't say it's surreal because it's something I always believed I could do. It just happened to take 10 years."

Broncos defensive end Shaun Phillips said he had intended on buying

title.

Broncos cornerback Champ Bailey is the poster child. He waited 15 years. The other includes the last XFL player still in the NFL, a couple of Chargers who got close, a Canadian who lost the NFC title in overtime a couple of years ago and a number who played on bad teams before finding their way to ones on the cusp of greatness.

Bailey is philosophical about being at his first Super Bowl.

"If I was supposed to be here, I would have been here a long time ago," Bailey said Thursday as players held their final inter-

views before the first Super Bowl in an outdoor stadium in a cold-weather city. "Things do take time, and I finally got with the right group of guys, as a whole. I played with some great players, but this is definitely the best team I've been on."

Denver defensive end Jeremy Mincey played on a lot of bad teams in Jacksonville and was heading nowhere late in the season when the Jaguars released him in December for missing a meeting. The Broncos picked him up.

"Dude, this is what we play for, man," said Mincey, who has played six seasons, missed another with a thumb injury and had another as a practice-squad player. "This is why we keep playing. A lot of us go through a lot in this league, especially guys like me and Mike Adams who have been with so many different teams, different situations. It feels good to actually have this opportunity and for things to land in sync."

THE ASSOCIATED PRESS

Jon Ryan

Canadian thankful for opportunity

Seahawks punter Jon Ryan was with Green Bay in the

2007 season when it lost to the Giants in the NFC title game in overtime.

"That was a heartbreaker and when I went to Seattle after that we had a couple of lean years where we won four and five games," the native of Regina said. "After eight years, I'm finally get-

ting a chance to play in the game. It's every kid's dream. In the backyard, you'd be (John) Elway or (Joe) Montana passing to (Jerry) Rice or whoever.

"As you get older, it seems to become a pipe dream, but now I am so thankful to be here."

Seahawks rolling in deep talent pool

Richard Sherman, Russell Wilson and Marshawn Lynch deservedly draw the attention for what they've done in getting the Seattle Seahawks to the Super Bowl.

Players like Jermaine Kearse, Walter Thurmond and Malcolm Smith are just as big a reason why Seattle is facing Denver in Sunday's championship game.

Seattle may have one of the better starting lineups in the NFL, but the depth that general manager John Schneider and coach Pete Carroll have amassed is equally impressive. It's the reason they can rotate

Extreme makeover

839

The number of roster moves the Seahawks have made since before the start of the 2010 season. The goal was to make a roster with a depth chart that was the envy of the NFL.

eight different defensive linemen. It's why, when Brandon Browner was injured and Thurmond suspended, Byron Maxwell could step in and play in Seattle's secondary without it suffering.

It's a regular refrain in the Seattle locker-room to hear

teammates say the Seahawks reserves could be starters on other teams. And there is some proof: In the past year, 23 players once with Seattle have spent time on the 53-man roster of other teams.

"It's crazy because we're always saying our backups could be starters. We always say that," strong safety Kam Chancellor said. "Those guys, people don't see this, but in practice those guys play just as good as us. They're making plays, getting the ball. Those guys contribute on special teams. Our special teams are probably one of the best.

"Those guys put in work on special teams and it just goes unseen."

One of the ways Seattle was able to create such a dynamic roster came from the three-way quarterback competition that Carroll had last season and which Wilson eventually won. It sent the message to the entire roster and to any free agents — big-name or small-time — that Seattle was a place they could come and have a chance.

"You know you have a shot when you have a three-person quarterback competition as a player," Schneider said last week. THE ASSOCIATED PRESS



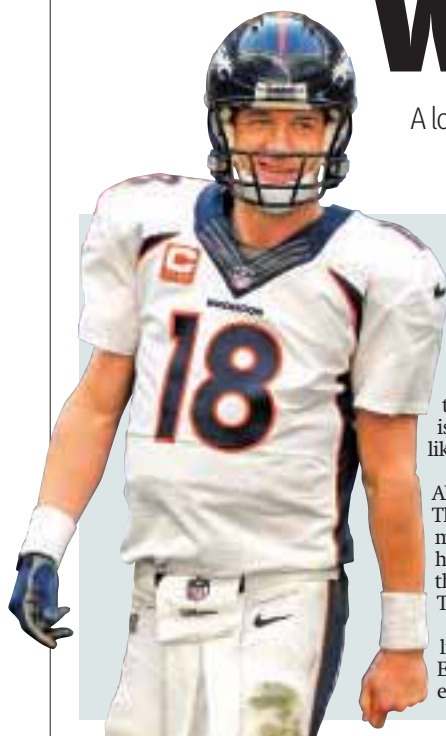
Jermaine Kearse of the Seahawks catches a pivotal fourth-quarter touchdown against the 49ers during the NFC championship game on Jan. 19 in Seattle. Kearse became a needed option as a third and fourth receiver this season when the injury bug bit Percy Harvin and Sidney Rice. OTTO GREULE JR./GETTY IMAGES

What's the difference?

A look at some of the difference makers for this Sunday's Super Bowl at MetLife Stadium in New Jersey

THE ASSOCIATED PRESS

Photos by Getty Images



When the Broncos have the ball

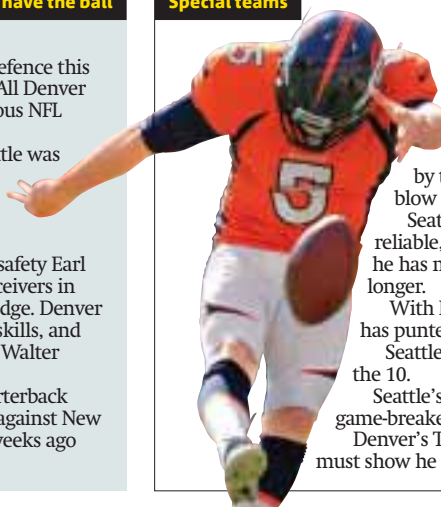
The Seahawks ranked first in overall defence this year, yielding a league-low 231 points. All Denver did was score 606, shattering the previous NFL mark.

Even juicier for this Super Bowl, Seattle was tops against the pass, which, of course, is a Peyton Manning specialty. This is likely where the game will be decided.

If Seattle's unequaled secondary led by All-Pro cornerback Richard Sherman and safety Earl Thomas can handle Manning's myriad receivers in man coverage, the Seahawks get a huge edge. Denver has not faced a defence with these cover skills, and those talents even extend to nickel backs Walter Thurmond and Jeremy Lane.

Of course, Seattle has not faced a quarterback like Manning, either. His 400-yard game against New England in the AFC Championship two weeks ago epitomized his sensational season.

Special teams



Denver kicker Matt Prater broke the NFL record with a 64-yard field goal and might have the strongest leg in the league. He shouldn't be bothered much by the swirling winds should they blow through MetLife Stadium.

Seattle's Steven Hauschka also is very reliable, although his range is not like Prater's. But he has made 17 of 18 field goals from 40 yards or longer.

With Denver's offence clicking, Britton Colquitt has punted just once in the playoffs.

Seattle P Jon Ryan excels at putting the ball inside the 10.

Seattle's Percy Harvin, if healthy, is a punt-return game-breaker any time he touches the ball.

Denver's Trindon Holliday can break big returns, but must show he can hang onto the ball.



When the Seahawks have the ball

Beast Mode. And big plays.

That's what got the Seahawks to the big game for the second time in eight years, although nobody is left from that team that lost to Pittsburgh.

Running back Marshawn Lynch has been pretty much unstoppable in the playoffs after a late-season slump. He powered his way to 109 yards and a 5.0 average per rush against San Francisco's staunch defence in the NFC title game. His 40-yard TD run got Seattle back in the game, and he ran all over New Orleans the previous week.

Denver has stepped up defensively and will be in excellent shape if it can slow Lynch.

But don't think Lynch can't burst free for big gains and get the tough yards inside.

Seattle's offensive line struggled protecting Russell Wilson, but was fine when pounding it out against the 49ers. The Broncos aren't as physical or as deep defensively, and without linebacker Von Miller, could be vulnerable.



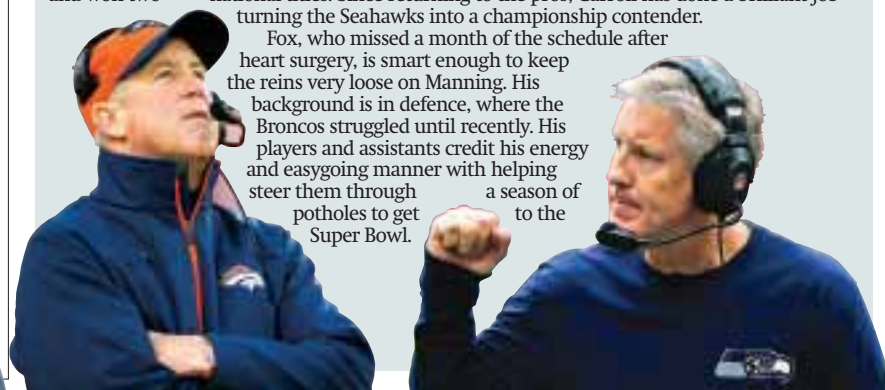
Coaching

Seattle's Pete Carroll and Denver's John Fox both took over moribund franchises. Now look where they are.

Both are strong motivators, although Carroll does it in more of a rah-rah style his players embrace.

No team is more aggressive, especially on defence, Carroll's specialty, than the Seahawks. He had some success in a previous head coaching stint with the Patriots, then went to USC and won two national titles. Since returning to the pros, Carroll has done a brilliant job turning the Seahawks into a championship contender.

Fox, who missed a month of the schedule after heart surgery, is smart enough to keep the reins very loose on Manning. His background is in defence, where the Broncos struggled until recently. His players and assistants credit his energy and easygoing manner with helping steer them through a season of potholes to get to the Super Bowl.



ROGERS™
SPORTS
celebrity
Dinner and Auction

IT'S GOING TO BE A "HULL OF A NIGHT"

Monday, February 3, 2014 • London Convention Centre



FOR TICKETS AND INFORMATION

LONDON SPORT DINNER.CA

Featuring hockey legends
Bobby and Dennis Hull



In support of Thames Valley
Children's Centre



Gilbert Felli, second right, IOC executive director for the Olympic Games joins Yelena Isinbayeva, centre, mayor of the Olympic Village and Dmitry Chernyshenko, second left Sochi 2014 Olympics president and CEO for a ribbon cutting ceremony to open the coastal 2014 Olympic Village in Sochi, Russia. The Olympics are set to open Feb. 7 and conclude on Feb. 23. DAVID GOLDMAN/GETTY IMAGES

Furlong not ready to judge Sochi yet

Winter Olympics.

2010 boss downplays budget, security and weather concerns leading up to Games

At about this time four years ago, John Furlong's life was consumed with that very Canadian obsession: The weather.

Furlong, who at the time was the CEO of the 2010 Winter Olympics, had long known that snow — or lack of it — could be a problem on Cypress Mountain, the peak north of Vancouver where freestyle skiing and snowboarding events were scheduled. But organizers held out hope the snow would arrive.

It didn't. Instead, the uncooperative weather set off a Herculean effort to bring in thousands of cubic metres of snow from across the region, using hay bales to build the runs and dry ice to keep it all frozen.

"We had spent a month literally toiling, exhausted on Cypress Mountain try-

Reaction to the distraction

"It's hard to watch and hear that debate, and it does take attention off why we're all going there."

Vancouver 2010 CEO John Furlong reacts to fears leading up to 2014 Sochi Winter Games

ing to save that mountain," Furlong recalled during an interview this week with The Canadian Press. "This was almost a military exercise. Cypress was a 24-hour venture for us. People were sleeping up there. People didn't go home."

In hindsight, the anguish over the snow, which dominated headlines in the weeks leading up to the 2010 Olympics, may seem almost quaint compared to the laundry list of problems that have plagued the Sochi Games, which begin in a week.

Take your pick: An astronomical budget, allegations of corruption and financial mismanagement, terrorist threats, concerns about heavy-handed security, controversy about Russia's anti-gay laws.

And, yes, there has also been persistent anxiety about

the weather, though recent snowfall in and around Sochi seems to have allayed those worries somewhat.

In spite of all that, Furlong is still prepared to give Russian Olympic organizers the benefit of the doubt, urging outsiders to wait until the Games are finished before passing judgment.

"I think some of what's been said about Sochi is not fair," said Furlong. "The real story for Sochi will come on the last day of the Olympics, when the world gets a chance to see how Sochi delivered the experience they promised the world."

In particular, Furlong said the trepidation over the massive cost of the Sochi Olympics may be somewhat misguided, especially when critics compare the 2014 Games with past events, such as Vancouver.

A white Russian elephant?

The budget for Sochi is \$51 billion US making it the most expensive Games in history.

- **Big Bucks** The price tag includes the cost of roads, tunnels, railways, ski facilities and a stadium and other expenses.
- **Flashback** According to John Furlong, the cost of the 2010 Games was pegged at \$7.7 billion.

"Sochi and Vancouver are like night and day — we were a small project, compared with what Sochi was faced with," said Furlong. "Four years ago, when we went to Sochi to debrief the Russians, there was really nothing there. What they've accomplished in four years, it's extraordinary. That's a decision that the Russian government took. They knew they had to build all this."

THE CANADIAN PRESS

Sochi 2014. Olympians facing anxiety, addiction, depression, study warns

Many of Canada's Olympians are fitter and better looking than mere mortals, and they're among the best at what they do. It's difficult to believe their worlds can be dark.

But Olympic athletes are not exempt from depression, anxiety or addictions. A French study concluded that "the prevalence of mental-health issues in athletes to be as high, if not higher, than in the normal population."

"Because athletes have become our heroes, people have thought they just couldn't suffer from mental-health issues," Toronto sports psychiatrist Dr. Saul Marks says. "Just like the normal population, athletes too can suffer from mental-health issues."

Two decorated Canadian Olympians know how it feels to compete at the highest levels while dealing with depression.

Victoria cyclist Gillian Carleton was cutting herself and did not have the energy to get out of bed a year after she won a bronze medal in team pursuit at the 2012 Summer Games in London.

Carleton explained in a raw essay on bicycling.com last summer the toll her mental illness was taking on her as an athlete and as a human being.

"I was sick and unmotivated and just had a hard time getting my (act) together," Carleton says now.



Canadian silver medallist Gillian Carleton. BRYN LENNON/GETTY IMAGES

With a family history of addiction and an alcoholic father, speedskater and cyclist Clara Hughes always feared the same fate awaited her.

After winning a pair of bronze medals in cycling at the 1998 Olympics, Hughes felt isolated and miserable. She cried every day in a bathroom stall during a national team training camp.

Neither Hughes nor Carleton blame sport for their depression, but both tried to use sport as an escape from it.

They mentally flogged themselves in the belief that if they were fitter and faster they would feel better about themselves.

The two women also say the physical, mental and emotional extremes required to win an Olympic medal can attract a mirror personality.

THE CANADIAN PRESS

Paying the price for the podium

"Nothing outside of you, no medal no success, no recognition is going to trump those feelings."

Olympic speedskater, cyclist Clara Hughes discusses her personal battle with depression

Utah

Brazilian skier in critical condition after crashing out

A Brazilian gymnast who was expected to compete in freestyle skiing at the Sochi Olympics is unable to move her arms or legs and can't breathe on her own after she hit a tree while skiing in Utah this week, doctors said Thursday.

Lais Souza, 25, is fighting for her life and will definitely miss the Olympics, said Brazilian team doctor Antonio Marttos at a news conference in Salt Lake City.

She was injured Monday

when she hit a tree while skiing recreationally in Park City, Utah, in an accident that doctors said could have happened to anybody. She was not injured while practising her freestyle manoeuvres.

Doctors aren't declaring Souza paralyzed at this point, but recognize that's a possibility.

She dislocated a vertebrae near the top of her spine, said Dr. Andrew Dailey, a neurosurgeon with University of Utah Health Care.

She remains in critical condition, still using a breathing machine and unable to talk.

THE ASSOCIATED PRESS

Horoscopes

♈ Aries

March 21 - April 20

You may prefer to deal with facts but there are times when you must take what you are told on trust, and this is one of them. Those you work with may be difficult at times but they are still on your side.

♉ Taurus

April 21 - May 21

Something will seize your imagination today and you will move in a new direction. Does what you are doing have any practical or financial value? Who cares! It's enjoyable!

♊ Gemini

May 22 - June 21

Despite what some negative types might say, most people in the world are just like you. Keep that in mind today when dealing with strangers. You may be surprised how much you have in common.

♋ Cancer

June 22 - July 23

Some people think you are the best thing since sliced bread — and they're right. But don't let flattery and adulation go to your head because there are others who would like an excuse to take you down a peg.

♌ Leo

July 24 - Aug. 23

There may be a thousand chores you'd like to avoid but you can't, so don't waste time on wishful thinking. Positive thinking, however, is to be encouraged, so imagine you are having the time of your life.

♍ Virgo

Aug. 24 - Sept. 23

Make the most of your current run of good fortune and make sure those you are closest to know how you feel about them. Chances are they know anyway but it never hurts to make sure.

♎ Libra

Sept. 24 - Oct. 23

It will pay you to come on less strong today, especially at work but also at home. You don't need to prove yourself. In fact, you will impress people more if you switch off and have fun.

♏ Scorpio

Oct. 24 - Nov. 22

Have fun. Hang out with your friends. This isn't a day to think about any of the many things you have been worrying about. You deserve a break so reward yourself. Others will smile too.

♐ Sagittarius

Nov. 23 - Dec. 21

You know what needs to be done to put things right and put loved ones and business colleagues at ease, so do it. Just make sure you can deliver on any promises you might make — and never, ever make promises about money.

♑ Capricorn

Dec. 22 - Jan. 20

You will find it easy enough to get your way over the next 24 hours, especially if you tell others what they want to hear. Is that dishonest? Maybe, but it's not the worst thing you'll do.

♒ Aquarius

Jan. 21 - Feb. 19

The more you ask for, the more you get. The more you get, the more you want. Just be careful you don't get so much that you can hardly meet the responsibilities that go with it.

♓ Pisces

Feb. 20 - March 20

Your future has rarely looked brighter. So why so glum? Whatever the reason, you need to snap out of it and recognize that, compared to most people, you are on easy street. All you really have to worry about is staying there. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Chinese New Year, 2014 Year of the ___
- Above
- ___ at (Just barely eat)
- Actress Deborah
- Telephone ___
- Wheel shaft
- Restores rank
- Twirled
- Flower container
- Nobleman
- Bands of eight
- Hitch
- Tribute types
- Singer Mr. Anthony
- Glasgow gal
- Mr. Pacino's
- Definite article
- Plus
- "You ___ what you eat."
- First ___ (Some claims)
- Nova Scotia's big star on Groundhog Day, February 2nd: 2 wds.
- Bob of comedy
- Rainbow shape
- Vassal
- Female sheep
- Vital life energy
- Immense
- The Supremes, for example
- Milk: French
- Shaggy creatures
- Understated
- Ribbon bow part
- Sing-y syllable



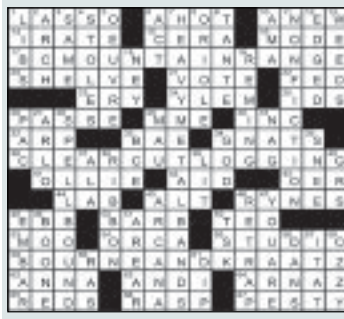
- One: Italian [pl.]
- "Groundhog Day" (1993) star: 2 wds.
- Buckingham Palace stables, The Royal ___
- Acreage
- Norse navigator
- Mr. Ericsson's

- Norway's capital
- Hankering
- ___Bismol
- Dwells on
- Classic theatre
- Seasoned yogurt dip of India
- Fall from grace

- Highlands tongue
- Grammy and Oscar
- Story's topper
- Portland's state, for short
- Certain currency
- East Side Mario's serving
- Skilfulness

- Type of purse for the red carpet: 2 wds.
- Actor Mr. Watanabe's
- ___, New Mexico
- Metric measurements, mini-ly
- The ___ (Area of Ottawa)

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	4	9	2	1	5	6	3	8
8	3	1	7	4	6	9	5	2
5	2	8	3	9	8	7	1	4
4	6	5	8	7	3	1	2	9
3	1	2	9	5	4	6	6	7
9	8	7	1	6	2	5	4	3
6	5	8	4	2	7	3	9	1
2	9	3	6	8	1	4	7	5
1	7	4	5	3	9	2	8	6

		6				4	1	
4	1						7	
			2		1	8		
		5			7	1		3
			6		4			
8		3	9			2		
		9	7		2			
	3						2	5
6	4					9		

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Actress Ms. Paxton
- Dined
- Guided
- Carlisle Cullen's wife in 'Twilight' movies
- Tennis star Arthur
- Rodgers & Hammerstein fare: 2 wds.
- Big sporting event this weekend: 2 wds.
- Scene of NHL action in Toronto
- Zeus, for one
- "Uh-uh."
- Husk
- Elles opposites
- Mil. officer
- Some 'strings' in music
- Mr. Egoyan
- Linda Ronstadt hit: "___ Easy": 2 wds.
- Actor Tim
- Take ___ (Go vacationing)
- Big name in food
- Pull, as to give the word to get things done
- Form of wrestling
- Auction website
- Stuff in orange juice
- Hotness
- Riddle-me-___

Today

-4°/-6°
Flurries

Saturday

-1°/-14°
10+cm of snow
90%

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network. 2014

Visit metronews.ca

metr

London **PSYCHIC EXPO**

Jan 31, Feb 1&2
Centennial Hall

Friday 11-9pm
Saturday 12-9pm
Sunday 11-7pm

Admission \$8 - Good ALL Weekend

www.ESPmyFuture.com For FREE STUFF



Cruiseline.ca
ALL MALE COAST TO COAST
FREE TRIAL
519.936.6725
Other cities: 1.877.882.2010
TAYA CHAT
CALL 1.866.292.8293

HEY LONDON! **PAY ATTENTION**

The **LONDON RV SHOW** is coming...
IT'S TIME TO BUY!

Want RV Pricing **BETTER** than the **LONDON RV SHOW**

BIKES & QUADS ARE HERE!



prices from
\$3995

BMW S1000RR



\$5000

MINIMUM TRADE IS STILL HERE!!

LET'S MAKE A DEAL

AND IF WE CAN'T, WE'LL BUY YOU A TICKET TO THE SHOW

Our February Pricing is
 the **BEST** in **ONTARIO**

WE MAKE CAMPING SO CHEAP YOU CAN'T AFFORD TO STAY HOME

THIS IS WHAT MADE US FAMOUS

Starflyer 8ft Pop-up



HAS SINK & HYDRO!

\$4,995+tax

Not valid with trade in special

FEBRUARY FAMILY FAVOURITE

Starcraft 278 BH 50th Anniversary Edition



5 YEAR
 EXTENDED WARRANTY
 included in payment

Double Bunk, A/C, Full Kitchen and Bath, 2 Doors, 1 Ton Towable
\$34/week + Tax

*\$5000 minimum trade in does not apply.

FOR ADDITIONAL DEALS AND INCENTIVES

Follow us on Twitter @401auto

Like us on Facebook
 facebook.com/401autorvcanada

401
RV CANADA



Patrick Taylor



Joseph Leuscher



Mario Luky

20 minutes to savings

325 INGERSOLL ST., INGERSOLL

519-485-2100

WWW.401RV.CA



ALL PAYMENTS ARE PLUS HST. O.A.C. ARE WITH 10% DOWN OR EQUIVALENT TRADE. ALL CASH PRICES ARE PLUS FREIGHT, ADMIN., PDI, PREP FEES & HST. SEE DEALER FOR COMPLETE DETAILS. ALTHOUGH WE STRIVE FOR EXCELLENCE, WE RESERVE THE RIGHT TO CHANGE, AMEND OR CORRECT ANY ERRORS ON THIS AD. ALL PRICES ARE VALID ON DATE OF PUBLICATION. \$5000 TRADE IN ON NEW TRAILERS ONLY. (POP-UPS DON'T APPLY).